

# Your guide to living well in North West Sheffield

**Crookes, Broomhill, Walkley, Upperthorpe, Netherthorpe, Langsett, Hillsborough, Wadsley, Middlewood, Worrall, Oughtibridge, Wharncliffe Side, Deepcar, Stocksbridge**

**Welcome** to your new local guide to keeping happy, healthy and well in the North West of the city. This guide's been produced by South Yorkshire Housing Association and ZEST together with Sheffield City Council.

## **South Yorkshire Housing Association**

43-47 Wellington St, S1 4HF.

(0114) 2900 200.

[www.syha.co.uk](http://www.syha.co.uk).

## **Zest**

18 Upperthorpe, S6 3NA.

(0114) 270 2040 option 6.

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

[www.zestcommunity.co.uk](http://www.zestcommunity.co.uk).

Facebook: @zestcommunity

Twitter: @ZestCentre.

## Getting information, advice and support

### **Local information and advice services**

#### **Citizens Advice Sheffield**

Free, independent, impartial and confidential advice. Help with welfare benefits and tax credits, debt, housing, employment, immigration or any other issue.

[www.citizensadvice.org.uk](http://www.citizensadvice.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 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 10am-12noon.

Advice sessions by appointment only at Zest (see p2) on Tuesday and Friday 10am-12.30pm. Phone on the day between 9-10am to book an appointment. 07794 110509.

**Age UK Sheffield** run an advice session for the over 50's on the last Friday of the month at Zest. Call (0114) 250 2850 to book an appointment.

### **Local Community Support Workers**

There are Community Support Workers based at each GP surgery. 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 check your benefit entitlement
- advice to support carers
- help to get out and about
- help to plan for times of bad weather
- support to get temporary help if someone is unwell
- help to arrange support in and around your home.

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

The **Social Prescribing Service** for the Upper Don area helps connect people with non-medical support to improve their health and wellbeing. You can be referred to us by a range of health and social care professionals. We then provide one-to-one support to help you with things like:

- improving mental wellbeing
- reducing social isolation
- leading a healthier lifestyle
- improving your home environment
- getting involved in your local community
- maximising your income and access to benefits
- finding work, training and volunteering opportunities.

Contact John Culver, South Yorkshire Housing Association, on 07387 417332.  
J.Culver@syha.co.uk.

**Zest** have a number of services designed to help you take the first steps towards leading a healthier life.

We can help you to improve your health, become more active or get back into work. See details on p2 and p8.

### **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](http://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 Provision**

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

## **Sheffield Parent's Hub**

For parents of tots to teens. Free local meetings and relaxed and friendly discussion groups on a range of topics which can help:

- 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.gcsx.gov.uk](mailto:SheffieldParenting@sheffield.gcsx.gov.uk).

[www.sheffield.gov.uk/parenting](http://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. [www.sheffieldparentcarerforum.org.uk](http://www.sheffieldparentcarerforum.org.uk).

0300 321 4721 (local call rate).

### **For people 50+ years**

Age UK Sheffield. [www.ageuk.org.uk/sheffield](http://www.ageuk.org.uk/sheffield). (0114) 250 2850.

### **For carers**

Sheffield Carers Centre. [www.sheffieldcarers.org.uk](http://www.sheffieldcarers.org.uk). (0114) 272 8362.

Sheffield Young Carers. [www.sheffieldyoungcarers.org.uk](http://www.sheffieldyoungcarers.org.uk).

(0114) 258 4595.

### **For people on the autistic spectrum**

Sheffield Autistic Society [www.sheffieldautisticsociety.org.uk](http://www.sheffieldautisticsociety.org.uk).

Helpline 07923 473240. National 0808 800 4104.

### **For people with dementia and their carers**

Alzheimer's Society. [www.alzheimers.org.uk](http://www.alzheimers.org.uk). (0114) 276 8414.

### **For people with a disability or long term health condition**

Disability Sheffield. [www.disabilitysheffield.org.uk](http://www.disabilitysheffield.org.uk). (0114) 253 6750, text only: 07541 937 169.

### **For people with a learning disability**

Sheffield Mencap & Gateway.

[www.sheffieldmencap.org.uk](http://www.sheffieldmencap.org.uk). (0114) 276 7757.

## **For people with a mental health problem**

Sheffield MIND. [www.sheffieldmind.co.uk](http://www.sheffieldmind.co.uk). (0114) 258 4489.

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

## **Foster Sheffield's Future!**

If you could give a child a stable place to call home get in touch  
(0114) 273 5075. [www.sheffield.gov.uk/fostering](http://www.sheffield.gov.uk/fostering).

## **Keeping healthy and well**

### **Local GP surgeries**

**Upperthorpe Medical Centre.** 30 Addy St, S6 3FT. (0114) 275 1010.

**Harold St Medical Centre.** 2 Harold St, S6 3QW. (0114) 233 2803.

**Walkley House Medical Centre.** 23 Greenhow St, S6 3TN.  
(0114) 234 3561.

**Middlewood Medical Centre.** Fairlawns 621 Middlewood Rd, S6 1TT.  
(0114) 234 5338.

**Tramways Medical Centre** – Dr Milner and Partners.  
54A Holme Lane, S6 4JQ. (0114) 234 3418.

**Tramways Medical Centre** – Dr O'Connell and Partners.  
54 Holme Lane, S6 4JQ. (0114) 234 5338.

**Dykes Hall Medical Centre.** 156 Dykes Hall Rd, Hillsborough, S6 4GQ.  
(0114) 232 2340.

**Deer Park Surgery.** 3 Deer Park Close, Stannington, S6 5NA.  
(0114) 234 7979.

**Far Lane Medical Centre.** 1 Far Lane, S6 4FA. (0114) 234 7701.

**Trafalgar House Medical Centre.** 45 Halifax Rd, S6 1LA.  
(0114) 234 6820.

**Broomhill Surgery.** 5 Lawson Rd, S10 5BU. (0114) 266 5344.

**Selbourne Medical Centre.** 1 Selborne Rd, S10 5ND.  
(0114) 268 6929.

**The Crookes Practice.** 203-205 School Rd, S10 1GN.  
(0114) 267 1280.

**Manchester Road Surgery.** 484 Manchester Rd, S10 5PN.  
(0114) 266 8265.

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

**Deepcar Medical Centre and Pharmacy.** 271 Manchester Rd, S36 2RA. (0114) 283 1710.

**Oughtibridge Medical Centre.** Church St, S35 0FW. (0114) 229 9835.

### **Local dentists**

Find your local dentist on the NHS Choices website: [www.nhs.uk](http://www.nhs.uk).

## **Local health and wellbeing clubs, groups and services**

**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.** 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. Our groups and clubs include a sewing group, craft club, over 50's social dining, wellbeing workshops/courses and English conversation classes. Our 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 Uppertorpe, Netherthorpe, Langsett and Walkley areas. (0114) 270 2040 extension 210. [jenny.hare@zestcommunity.co.uk](mailto: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](mailto: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

Contact [health@zestcommunity.co.uk](mailto:health@zestcommunity.co.uk). (0114) 270 2040 option 6.

**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. [exercisereferral@siv.org.uk](mailto:exercisereferral@siv.org.uk).
- **Wisewood Leisure Centre.** (0114) 233 5457.
- **Zest.** Contact Jean Kirby (0114) 270 2040, extension 225. [jean.kirby@zestcommunity.co.uk](mailto:jean.kirby@zestcommunity.co.uk).
- **Stocksbridge Leisure Centre.** Physical Activity Referral Team [sdo@stocksbridgeclc.co.uk](mailto: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.

**Zest Friday Health Walk.** Meet at Zest reception Friday 10.30am, for a walk around the local area. All welcome. Contact details on p2.

### **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 10.20am.

- **Wisewood/Wadsley.** Meet at Wisewood Community Sports Centre, Laird Rd, S6 4BS.

Thursday 10.20am.

- **Stannington.** Meet in the TARA office, 29 Fairbairn Drive, S6 5QH. Tuesday 10.15am.

- **Stocksbridge.** Wednesday 10.30am. Meet at various venues, call 07966 294003 for details.

- **Ecclesfield.** Meet outside Mill Road Surgery, S35 9XQ. Wednesday 2pm.

Find out more [www.healthwalksinSheffield.btck.co.uk](http://www.healthwalksinSheffield.btck.co.uk). 07505 639524

The Ponderosa in Upperthorpe has outdoor gym equipment.

**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), Friday drop-in 10am-3pm at The Venue, 650 Manchester Rd, Stocksbridge, S36 1AJ, dementia café (see below). Contact Stocksbridge Town Hall (0114) 283 0141.

[stocksbridgeccg@gmail.com](mailto:stocksbridgeccg@gmail.com).

**Slimming World.** Tuesday 5pm and 7pm at The Venue (address above). Contact

Donna (0114) 246 0105.

**Weightwatchers.** Monday 6.30pm at The Venue (address above).

Call (0114) 283 8692.

**Community Health Forum.** Local group which discusses health issues and has speakers on various health initiatives. 2nd Friday in the month 10.30am-12noon at Stocksbridge Library (see p15).

### **The Meeting Place - Social Café and Credit Union**

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. Monday 9.30am-1pm. Christ Church Stocksbridge, Manchester Rd, S36 1DY. Contact Sarah (0114) 288 7899. [sccordinator@outlook.com](mailto:sccordinator@outlook.com).

**Dementia Café.** The Venue, 650 Manchester Rd, Stocksbridge S36 1DY. First Thursday in the month 10am-12noon. A friendly social setting for people affected by dementia and their carers. Contact Dave Cooper 07553 486579.

See sports centres and activities on p14.

## **Citywide health and wellbeing services**

### **Sheffield NHS Stop Smoking Service**

Thousands of people have quit smoking for good with help from the stop smoking service. [www.yorkshiresmokefree.nhs.uk](http://www.yorkshiresmokefree.nhs.uk). 0800 612 0011 (free from landline), 0330 660 1166 (free from mobile). For specialist under 18's Stop Smoking Service contact [smokefree@zestcommunity.co.uk](mailto:smokefree@zestcommunity.co.uk).

### **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](http://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](http://www.nhs.uk/livewell/healthy-eating). For support with weight management visit [www.whyweightsheffield.co.uk](http://www.whyweightsheffield.co.uk) or call (0114) 321 1253.

### **Sexual Health Sheffield**

Free and confidential sexual health services. [www.sexualhealthsheffield.nhs.uk](http://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](http://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. Call (0114) 273 7009. [www.sheffieldmentalhealth.org.uk](http://www.sheffieldmentalhealth.org.uk).

**Sheffield MIND**. Contact details can be found on p6.

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

**Cruse** is a national charity which provides bereavement support. Call (0114) 249 3328. [sheffield@cruse.org.uk](mailto:sheffield@cruse.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](http://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](mailto:admin@pedalready.co.uk). [www.pedalready.co.uk](http://www.pedalready.co.uk).

**Grow Sheffield.** Find community food growing projects  
<https://growsheffield.com>.

## Getting out and about

### *Help to get there*

#### **Discount travel**

Travel passes for bus, tram and train are available for students, older people and people with disabilities. [www.travelsouthyorkshire.com/ticketfinder](http://www.travelsouthyorkshire.com/ticketfinder). (01709) 51 51 51.

#### **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](http://www.sheffield.gov.uk/bluebadge). (0114) 273 4567, then press 5.

Find disabled parking at [www.sheffield.gov.uk/parkingguide](http://www.sheffield.gov.uk/parkingguide).

**Sheffield Community Transport (SCT)** provides lots of services to help people get around the city, including:

- Shopper Bus
- Community Car Scheme
- City Ride Door-to-Door Service
- Mobility for Leisure Service

SCT has a Travel Buddy service if you need someone with you to get out and about. (0114) 276 6148. [reception@sheffieldct.co.uk](mailto:reception@sheffieldct.co.uk).

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

#### **Shopmobility Sheffield**

Wheelchairs can be loaned for free from Shopmobility, for a day or for a longer time.

[www.shopmobility-sheffield.weebly.com](http://www.shopmobility-sheffield.weebly.com). (0114) 281 2278 (city centre outlet) or (0114) 248 3802 (Crystal Peaks outlet).

#### **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.

### *Things to do and places to go*

#### **Things to do and places to go locally**

##### ***Sports facilities and activities***

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

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

**Inman Pavilion.** A range of exercise classes and Tai Chi. Moorland Drive, Stocksbridge, S36 1EG. 07966 720773. Also runs a line dancing class (contact Andy Clarke on 0114 288 3792).

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

**Cycle 4 all.** Weekly sessions run at Hillsborough Park.  
[www.sheffieldcycling4all.org](http://www.sheffieldcycling4all.org). 07565 695296.

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

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

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

**Stocksbridge Tennis Club.** Contact Claire on 07577 040409.

### ***LifeCARD - discounts to use sports facilities***

The LifeCARD Scheme 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](http://www.siv.org.uk/lifecard). You can also call any SIV venue.

### ***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 they may also provide extra activities). The council also provides an eLibrary service which offers ebooks, eaudiobooks and emagazines. Find out more at

[www.sheffield.gov.uk/libraries](http://www.sheffield.gov.uk/libraries) or visit your local library:

#### **Council Libraries**

**Hillsborough Library.** Middlewood Road, S6. (0114) 203 9529.

**Stocksbridge Library.** Manchester Rd, S36 1DH. (0114) 273 4205.

#### **Volunteer Libraries**

**Upperthorpe Library.** Zest Centre, 18 Upperthorpe Rd, S6 3NA.  
(0114) 2702040. Open 7 days a week.

**Walkley Carnegie Library.** Junction of Walkley Rd and South Rd, S6 3TD. (0114) 231

2947.

### ***Lunch Clubs***

**St. Bartholomew's Lunch Club.** Friday 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). St. Bartholomew's Church Centre, Primrose Hill, S6 2UW. (0114) 285 3075.

**Wadsley Church Lunch Club.** Monday (fortnightly) 11am-12.30pm. 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).  
Wadsley Church Hall, Worrall Rd, S6 4BB. Contact A Bailey  
(0114) 234 8425. [alannebailey@talk21.com](mailto:alannebailey@talk21.com).

**Hillsborough Trinity Church Lunch Club.** 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). Middlewood Road, S6 4HE. Contact Kerry (0114) 249 4182.  
[communityworkerhillsborough@gmail.com](mailto:communityworkerhillsborough@gmail.com).

**Salvation Army Lunch Club.** Monday 12.30pm.  
Victoria St, Stocksbridge, S36 1FY. (0114) 288 5963.

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

**Thursday Lunch Club** at 12noon. Christ Church Stocksbridge, Manchester Rd, S36 1DY. Contact Wendy 07870 296733.

**Friday Drop In.** 10am-3pm. The Venue, 650 Manchester Rd,  
Stocksbridge S36 1DY. Contact Gina Bastiani (0114) 283 0141.

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

### ***Gardening and Community Allotments***

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

### ***Clubs and groups***

**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](mailto: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 Uppertorpe and Netherthorpe for young people aged 11-18. Drop-in on Wednesdays 5-6pm at Zest for Sport, Shipton St, S6. Contact Lloyd 07970 679235.

lloyd.samuels@zestcommunity.co.uk.

**Zest's Over 50's Social Dining Club.** Meets Friday 2.30-4pm. Come and have a meal for a minimum donation of £3 as well as joining in socialising and activities. Contact Samira (0114) 270 2040 ext 231.

**Zest's Community Bike Rides for Ladies.** Once a month bike rides to help you gain confidence. Bikes provided free of charge. Contact Nighat Ahmed (0114) 270 2040 ext 232.

**Men's activities group.** Wednesday at 11am at the Citrus café in the Zest Centre. An informal group.

Contact Mohamed Mohamed.omar@sheffieldworks.org.uk.

**Zest Sewing Class.** An opportunity to meet new people, learn and share sewing skills. Tuesday 12noon-2pm at Zest Library (see p15). The class is free.

**Valley React** is a group which offers a range of different activities and events including art, Tai Chi, chairbics, exercise and computer classes.

Balfour House, Horner Close, Stocksbridge, S36 1LQ.

Contact Kath Travis (0114) 288 7006.

**50+ Group.** Stocksbridge Library (see p15). Contact Sylvia Parry/Elsie Newton. (0114) 288 3515.

**Hand Bell Ringers.** Stocksbridge Christian Centre, S36 1EX.

Contact Dorothy Kirbyshaw (0114) 288 5588.

**Oughtibridge Brass Band.** The Band Room, 10 Station Lane, S35 0HS. Contact John Linton 01484 522279.

**Knitting and Chat.** 2nd and 4th Saturday in the month 10am-12pm.

Stocksbridge Library (p15).

**The Women's Institute.** Christ Church Stocksbridge, Manchester Rd, S36 1DY. janetwoodhead07@gmail.com.

**Stocksbridge & Deepcar Townswomen Guild.** The Christian Centre, Cedar Road, S36 1AS. Contact Margaret Derbyshire (0114) 288 2393.

**Thursday Writing Club.** Salvation Army (see p16). 2nd and 4th Thursday of the month.

### ***Community hubs and activities***

Hillsborough Trinity Methodist Church has a variety of community activities including a coffee morning, community café, knit and natter group, lunch club and snooker. Contact (0114) 249 4182.

communityworkerhillsborough@gmail.com.

**Walkley Community Centre** has a wide range of social, creative, and fitness activities for all ages. 7a Fir St, S6 3TG. Contact (0114) 251 7171.

**The Venue** provides a wide range of activities and events like exercise classes, Tai Chi, chairbics. Also hosts the **Waldershelf Mixed Choir.**

650 Manchester Rd, Stocksbridge, S36 1AJ. Contact Julie Corner (0114) 283 8692.

**Christ Church Stocksbridge.** Manchester Rd, S36 1DY.

(0114) 288 3674. Hosts an arts society, floral society and historic society (contact Dennis

Pinder 0114 288 2301), Tea Dance (contact Julie Corner 0114 283 8692).

### ***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.** Visit Facebook for more information @RuskinParkSheffield.
- **Crookesmoor Park.** crookesmoorParks@gmail.com.
- **Bolehills.** friendsoftheboleHills@yahoo.co.uk.
- **Coronation Park.** fofcp.oughtibridge@gmail.com

**Steel Valley Project.** Town Hall, The ARC, Manchester Rd, Stocksbridge, S36 2DT. Works with schools and currently gives free environmental education sessions to schools in the area.

Contact Tom Newman (0114) 283 0880, (0114) 288 7895.

admin@stocksbridge-council.co.uk.

**Valley in Bloom.** Meets first Thursday in the month 7.30pm.  
Bracken Moor Sports Club, Bracken Moor Lane, Stocksbridge,  
S36 2AN. stocksbridgeinbloom@hotmail.co.uk.

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

### **Things to do in the city**

#### **Volunteer Centre**

There are lots of different volunteering opportunities in Sheffield for people of all ages and abilities. The Circle, 33 Rockingham Lane, S1 4FW, 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. www.su3a.org.uk.  
(0114) 230 8866.

**Friends of Age UK Sheffield** – meet people at social events (fee applies). Age UK Sheffield also have coffee mornings on Fridays 11am-12noon at the Crucible Corner Café in the city centre and on Wednesdays 11am-12noon at Woodseats Library, Chesterfield Road, S8 0SH.

#### **Activities for Carers**

**The 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 on Chapel Walk in the city

centre. Contact details p5.

### ***Activities for people living with dementia***

There are dementia cafés and support groups around the city. Contact the Alzheimer's Society to find out more. Contact details on p5.

### ***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. 8 groups that meet every month, including: Liberated Ladies, snooker, bowling, walking and youth groups. [www.sheffieldmencap.org.uk/learning-disabilities/out-and-about-scheme](http://www.sheffieldmencap.org.uk/learning-disabilities/out-and-about-scheme). (0114) 276 7757.

### ***Loneliness***

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](mailto: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. Whether you're looking to learn a new skill, or just need someone to talk to, Age Better runs free services that may help. They also have volunteer roles if you'd like to support someone over 50. [www.agebettersheff.co.uk](http://www.agebettersheff.co.uk). (0114) 2900 250.

### ***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](http://www.vas.org.uk). (0114) 253 6600.

### ***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. [mobileservices.library@sheffield.gov.uk](mailto:mobileservices.library@sheffield.gov.uk). [www.sheffield.gov.uk/homelibrary](http://www.sheffield.gov.uk/homelibrary).

## **Learning and Work**

### **Local training, job search and work clubs**

**Zest for Work** is based in the Zest Centre. It delivers a range of training courses. Also offers one-to-one support and skills assessment from a qualified advisor. Courses include: employability, confidence building, English, maths and ITC training. Can also

signpost you to other training courses, for example ESOL, vocational training and provide support with childcare and direct funding for courses in some cases. Find out more (0114) 270 2042.

reception@zestcommunity.co.uk.

**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 (p17), The Venue (p19) and Belmont Nursing Home, Belmont Dr, Stocksbridge, S36 1AH.

**Zest for work** also provides employment Support, including

- one to one employment support 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)

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.

Referrals can be made to South Yorkshire Housing Association's **Building Better Opportunities** and **WorkingWin** projects for training and help with Job Search (contact details on p2).

Find out about volunteering opportunities on p20.

### **Citywide training and careers providers**

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

(0114) 260 2600. Hillsborough Campus is on Livesey St, S6. It's the college's creative hub with art and design, photography, fashion and music (as well as traditional courses). There's a nursery on site.

**The WEA** run adult education courses, including: arts and crafts, English and maths, IT, languages, writing, and work related courses.

www.wea.org.uk/yorkshire-and-humber. (0114) 242 3609.

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

Dearing House, 1 Young St, S1 4UP. 0800 101901.

https://www.learnirect.com.

**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.

See details of the **U3A** on p20.

**Sheffield Association for the Voluntary Teaching of English (SAVTE)** can help you learn English (on a one-to-one basis in your home, or with other people in a small local learning group). (0114) 253 6644. [www.savte.org.uk](http://www.savte.org.uk).

**Lifelong Learning and Skills Service** [www.lifelonglearningandskills.org/all-lifelong-learning-courses](http://www.lifelonglearningandskills.org/all-lifelong-learning-courses). (0114) 266 7503.

**Sheffield Futures** provide expert careers advice for anyone 16+.  
[www.sheffieldfutures.org.uk](http://www.sheffieldfutures.org.uk). (0114) 201 2800.

## Money Matters

### Local services

Credit Union see (p10 and p25).

#### **Debt advice**

Local Citizen's Advice (see p3).

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

**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.

**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.** Tuesday and Friday 11am-1pm.  
Philadelphia, 6 Gilpin St, S6 3BL. (0114) 241 5960.

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

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

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

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

#### **The HUB Church.**

512 Manchester Road, 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.service.org.uk](http://www.moneyadvice.service.org.uk). 0800 138 7777.

**Age UK Sheffield** offers support with money matters for older people.

Contact details on p5.

**Sheffield Credit Union** offers loans, savings and budgeting accounts

(0114) 276 0787. [www.sheffieldcreditunion.com](http://www.sheffieldcreditunion.com).

**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](mailto:Sharon.syec@heeleyfarm.org.uk).

### ***Furniture and household items***

**Emmaus Sheffield** sells recycled household furniture including electrical goods. They have low cost items and basic kitchen equipment.

(0114) 272 0677. [www.emmaus-sheffield.org.uk](http://www.emmaus-sheffield.org.uk).

**The British Heart Foundation** has a city centre shop which offers good quality pre-owned and brand new furniture and home appliances.

6, Arundel Gate, S1 2PP. (0114) 205 5356.

### ***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**

Housing+ is the way Sheffield City Council delivers its housing service, signposting to appropriate support where necessary to make sure people can enjoy and sustain their tenancy. There are 7 Neighbourhood Teams located across the city and each area has its own Neighbourhood Officer. 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](mailto: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** provides help with a range of housing issues like: eviction or repossession, repairs, landlord disputes, managing debt and rent arrears. 6th Floor, Furnival House, Furnival Gate, S1 4QP. 0344 515 1515.

Visit the **Sheffield Property Shop** to find and bid for Council and some housing association properties, and to find out about swapping houses and downsizing your property. [www.sheffieldpropertyshop.org.uk](http://www.sheffieldpropertyshop.org.uk).

(0114) 293 0000. Howden House, 1 Union Street, S1 2SH.

**MESH – Mediation Sheffield** provides a mediation service if you're having a neighbour dispute, that's making you feel ill or stressed.

[www.meshccs.org.uk](http://www.meshccs.org.uk). (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](http://www.livewellathome.org.uk).

For other housing support projects visit

[www.sheffielddirectory.org.uk/housingsupport](http://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 Zest Library 1.30-3pm (see p15). Contact Jenny (0114 270) 2040, ext. 210.

[jenny.hare@zestcommunity.co.uk](mailto:jenny.hare@zestcommunity.co.uk).

**Carer Led Support Group, Hillsborough.** Meets on the last Thursday in the month 10.30am-12noon at the Rawson Spring pub in Hillsborough, S6 2LN. Contact Vicky [victoria827@btinternet.com](mailto:victoria827@btinternet.com).

### 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
- Carers Needs Assessment to access a full range of support
- regular newsletter
- Carers Café and events
- telephone support for those feeling isolated
- training for carers

- support to plan for emergencies
- specialist benefits advice
- support for older carers of people with a learning disability
- counselling service
- information about rights for working carers
- support to have a break
- free spa sessions

(0114) 272 8362. [support@sheffieldcarers.org.uk](mailto:support@sheffieldcarers.org.uk).

[www.sheffieldcarers.org.uk](http://www.sheffieldcarers.org.uk).

## Keeping safe

### Adult abuse

Report it: If someone's in immediate danger call **999**. If there's no immediate danger you can tell someone you trust such as family, friends or a professional. If you don't want to tell someone you know, contact the Council's First Contact Team on (0114) 273 4908.

Find out more: [www.sheffield.gov.uk/abuse](http://www.sheffield.gov.uk/abuse).

### Child abuse

Report it: If someone's in immediate danger please contact the police by calling **999**. If there's no immediate danger you can call the Sheffield Safeguarding Hub on (0114) 273 4855 (24 hours).

Find out more: [www.sheffield.gov.uk/home/social-care/child-abuse](http://www.sheffield.gov.uk/home/social-care/child-abuse).

### Domestic abuse

Report it: If you or someone you know is in immediate danger call **999**. If there's no immediate danger call the free Sheffield Domestic Abuse Helpline 0808 808 2241 (Mon-Fri 8am-8pm) or email [help@sheffielddact.org.uk](mailto:help@sheffielddact.org.uk) (interpretation and translation can be arranged into your language).

Find out more: [www.sheffielddact.org.uk/domestic-abuse](http://www.sheffielddact.org.uk/domestic-abuse).

### Hate incidents and crimes

Report it: call **101** for non-emergencies or **999** in an emergency.

For more information and to report hate crime and incidents online: [report-it.org.uk](http://report-it.org.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).

## 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 p13.

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

British Red Cross loan a range of equipment and adaptations including: hoists, commodes and mobility aids. There's no charge for the service, however you will need to be referred by a health professional like your GP or Community Nurse. You can return equipment you're no longer using by calling (0114) 242 6331. You can also purchase small independent living aids (such as tap turners, wide handled cutlery, waterproof sheets) from British Red Cross Store, Jordanthorpe Medical Centre, 1 Dyche Lane, S8 8DJ. 07885 804976. You can also shop online [www.giftshop.redcross.org.uk](http://www.giftshop.redcross.org.uk).

## Care Alarms

Emergency care alarms can offer round the clock support to people who need them. They can also provide extra peace of mind for carers who know their loved ones can get help when they can't be there [www.sheffield.gov.uk/carealarms](http://www.sheffield.gov.uk/carealarms). (0114) 242 0351. [citywidecarealarms@sheffield.gov.uk](mailto: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](mailto: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](http://www.oakhousefoods.co.uk). 0333 370 6700.
- **Royal Voluntary Service.** [www.royalvoluntaryservice.org.uk](http://www.royalvoluntaryservice.org.uk). 0845 600 0122.
- **Wiltshire Farm Foods.** [www.wiltshirefarmfoods.com](http://www.wiltshirefarmfoods.com). 0800 077 3100.

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

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

## Home support services

Here's a list of Home Support services that work in the North 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).

|                                     |               |
|-------------------------------------|---------------|
| Abbeycare and Nursing at Home ..... | 0114 284 4868 |
| 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 303 6960 |
| Bespoke Care (Sheffield) Ltd.....     | 0114 442 7949 |
| Bluebird Care.....                    | 0114 265 6670 |
| 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 |
| Fullum Care UK.....                   | 0114 223 8040 |
| Hallam Homecare Services Ltd.....     | 0114 327 6405 |
| Hallam24 Healthcare.....              | 0114 349 4545 |
| Helping Hands Sheffield.....          | 0114 205 5267 |
| HFT Sheffield & Derbyshire.....       | 0114 250 0718 |
| Hillforcare Services.....             | 0114 242 3833 |
| Holistic Social Care.....             | 0114 327 0320 |
| Home Alternative Ltd.....             | 0114 266 6180 |
| Home Instead Senior Care North.....   | 0114 246 9666 |
| Home Instread Senior Care South.....  | 0114 250 7709 |
| Inspire UK Care.....                  | 0114 232 3333 |
| Intercare Services.....               | 0114 213 4945 |
| JS Parker.....                        | 0114 250 7711 |
| Lotus Homecare Sheffield.....         | 0114 303 6000 |
| Lynx Care.....                        | 0114 243 1624 |
| New Horizons Trust Home Services..... | 0114 290 3627 |
| Pacific Care Services Ltd.....        | 0114 438 9292 |
| Pillar Nursing Placements Ltd.....    | 0114 299 5090 |
| Prelle Healthcare.....                | 0114 442 7571 |
| Principle Support Ltd.....            | 0114 213 1750 |
| Proud to Care.....                    | 0785 496 5088 |
| PT Care UK Ltd.....                   | 0114 278 7244 |
| Samfos Health.....                    | 0114 245 5450 |
| See the Person.....                   | 0114 270 2558 |
| Seven Steps Support Ltd.....          | 0780 283 3568 |
| Spectrum Social Care Ltd.....         | 0114 249 9988 |
| The Caring Choice Ltd.....            | 0114 245 5335 |

|                                 |               |
|---------------------------------|---------------|
| The Good Days Project .....     | 0114 232 5182 |
| Twelve Trees Homecare Ltd. .... | 0114 258 3802 |
| Visiting Angels Care .....      | 0114 433 3000 |

### **Get advice about the quality of services**

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

## **Support to help you stay independent, safe and well**

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](mailto: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-5.30 pm).

### **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. Every month we choose one response at random to win a £10 book token – so do take a moment to get in touch: call (0114) 273 4119 or email [information@sheffield.gov.uk](mailto:information@sheffield.gov.uk).

[Terms and conditions apply - get in touch for details.]

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