

WOW

What's

On

Where

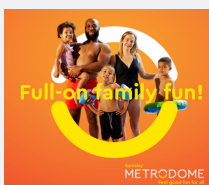


Your *guide* to what the community in
Barnsley has to offer

Your Guide

Welcome to the 5th Edition of Home Instead Barnsley's WOW Guide. On the left here shows a selection of the different activities to get involved in, right on your doorstep. Brighten up your social calendar and make the most of your community!

Featuring some of Barnsley's most reputable organisations:

The logo for Mind for better mental health, featuring a stylized blue flower icon and the text 'mind for better mental health' in blue.

Rotherham & Barnsley

"Committed to promoting good mental health, providing high quality support in a variety of settings."

Rotherham 01709 919929 Barnsley 01226 211188

A simple line drawing of a telephone handset and base.The logo for Alzheimer's Society, featuring a stylized blue flower icon and the text 'Alzheimer's Society' in blue.

Providing information, support services and a range of activities for people with dementia, carers and family members.

Call us now to find out more about our services and activities near you

01226 296 301

The logo for BIADS (Barnsley Independent Alzheimer's and Dementia Support), featuring a stylized red tree icon and the acronym 'BIADS' in red.

BIADS' Independent Alzheimer's and Dementia Support

BIADS offers vital support, advice and social opportunities for people with dementia, their family and friends who live in the Barnsley area. If you or a loved one would like any more information about our services please contact us on 01226 280057.

Carer Support
Our Carer Support Team are on hand to offer support, advice or just a listening ear and remember they're only a phone call away so if you are caring for a loved one who is affected by dementia and need any kind of support please get in touch 'you are not alone'.

Activities
Our fabulous Activity Team organises activities and events throughout the year from singers to crafting sessions to social events at East Dene WMC. We even have two holidays a year all organised for you and your loved one.

BIADS' Dementia Day Centre
Our Dementia Day Centre is a paid for service, run by our specialist dementia trained staff. This service is for carers to leave their loved ones for the day, half day or we offer a pay as you go service for anyone wishing to attend appointments or to simply meet up with friends for a cuppa.

Tel: 01226 280057
Email: biads@btconnect.com
Website: www.biads.org.uk

The logo for Barnsley ageUK, featuring a stylized multi-colored flower icon and the text 'Barnsley ageUK' in blue and green.

BARNSELY THIRD SECTOR dementia alliance

Our **Day Care service** provides important respite opportunities for carers from across the Barnsley MBC area. Our **Day Care service** is open Mondays, Tuesdays, Wednesdays and Fridays 9.30am to 2.30pm.

This service enables carers to have a break, knowing their loved ones are in good hands. We offer:

- A safe, welcoming, dementia friendly, stimulating environment
- Support with daily living activities, mobility and personal needs
- Personal, flexible programmes of activities including gentle exercises, games, quizzes, arts and crafts, musical activities and relaxing massages
- A two course cooked lunch (dietary requirements catered for) plus refreshments
- Free trial visits

The cost per day to attend the centre is £43.92 plus £4.00 for lunch and refreshments. The service may be part or fully funded through a Social Services Assessment.

For more information and to access this service, please get in contact with us.

Age UK Barnsley 36a Queens Road Barnsley S71 1AR
t: 01226 776820 e: enquiries@ageukbarnsley.org.uk www.ageukbarnsley.org.uk

A photograph of four women of diverse backgrounds smiling at the camera.

Activity	Location	Area	Day	Time	Contact
Coffee Mornings					
Coffee Morning	The Salvation Army Royston Corps	Royston	Tuesday	09:00-10:00	01226 727 203
Coffee Morning	The Salvation Army Royston Corps	Royston	Friday	09:00-11:00	01226 727 203
Coffee Morning	St Johns Evangelist Church	Staincross	4th Saturday	10:00-12:00	01226 387 881
Coffee Morning and Bingo	Kirk View Community Centre	Hoyland	Tuesday and Thursday	10:00-12:00	07802 853 615
Coffee Morning	St Edwards Church	Barnsley	Tuesday	10:00-12:00	01226 299 091
Chatty Cafe	Cudworth Methodist Church	Cudworth	Thursday	10:30-12:00	01226 776 820
Lunch Clubs					
The Friday Group	West Bank House	Hoyland	Friday	09:00-15:00	01226 742 447
Golden Memories Cafe	St Andrews Community Centre	Hoyland	Monday	10:00-12:00	01226 773 741
Luncheon Club (Crafts)	Mencap, Compass House	Barnsley	Thursday	10:00-14:30	01226 779 919
BIADS Dementia Café—referral only	Monk Bretton Community Centre	Monk Bretton	Monday	10:00-13:00	01226 280 057
BIADS Time 4 Tea	Joseph Exley House	Barnsley	2nd Monday	14:00-16:00	01226 280 057
Memory Cafe	Penistone Leisure Centre	Penistone	Monday (fortnightly)	13:30-15:30	07574 843 355
Bingo	Kate Sandwich Bar	Wombwell	Wednesday	13:00-14:00	07907 069 976
Singing and Dancing					
North Gawber Male Voice Choir	Mapplewell Village Hall	Mapplewell	Monday	19:00-21:00	01226 381 006
Singing Group	St Johns Church	Penistone	Last Tuesday of the month	13:30-15:00	01226 776 820
BIADS Circle Dancing	Joseph Exley House	Barnsley	Wednesday	13:00-14:00	01226 280 057
Ballroom Dancing	Mapplewell Village Hall	Mapplewell	Monday	13:30-15:30	01226 381 006
Support Groups and Therapy					
BIADS Carer Support Group	Joseph Exley House	Barnsley	Tuesday and Thursday	13:00-14:00	01226 280 057
Wellness Group	St Edwards Croft	New Lodge	Friday (fortnightly)	10:30-12:00	07949 379 465
Healthy Mind	Tankersley Welfare Hall	Tankersley	Wednesday	10:00-12:00	07574 843 355
Over 50's Wellness Group	Darton Darby & Joan	Darton	Tuesday	10:30-11:00	07949 379 465
1-1 Counselling	MIND Barnsley, 23 Queens Road	Barnsley	contactus@rbmind.co.uk	contactus@rbmind.co.uk	01226 211 188
Group Support	MIND Barnsley, 23 Queens Road	Barnsley	contactus@rbmind.co.uk	contactus@rbmind.co.uk	01226 211 188
Exercise					
BIADS Face and Chair Exercise	Joseph Exley House	Barnsley	Thursday	13:00-14:00	01226 280 057
Cancer Rehabilitation	Mind Body & Spirit Studio Barnsley	Dodworth Road	Wednesday	12:00	07769 996438
Pilates	Mind Body & Spirit Studio Barnsley	Dodworth Road	Monday—Wednesday	18:00	07769 996438
NHS Falls Prevention Class	Mind Body & Spirit Studio Barnsley	Dodworth Road	Tuesday—starting September 2022	13:00	07769 996438
Over 65s Pilates	Mind Body & Spirit Studio Barnsley	Dodworth Road	Wednesday	10:30	07769 996438
Calypso Cove Slides and Rides	Metrodome Leisure Complex	Barnsley	Weekends	10:00-17:00	01226 730 060
Over 50's Aerobics	Metrodome Leisure Complex	Barnsley	Thursday	10:30-11:30	01226 730 060
Over 50's 20/20/20	Metrodome Leisure Complex	Barnsley	Monday	10:30-11:30	01226 730 060
Walking Group	Cudworth Library	Cudworth	Wednesday	10:30	01226 776 820
Walking Football	Sives Community Centre	Kendray	Monday	13:00-14:00	01226 211 333
Healthy Bones	Shaw Lane Sports Club	Barnsley	Wednesday	10:30-12:30	07895 380 615
Chair Fitness	Penistone Leisure Centre	Penistone	Monday	12:45-13:45	01226 763 949
Clubs and Societies					
Take a Bow Theatre Group	Mencap, Compass House	Barnsley	Wednesday	11:30-16:00	01226 779 919
Bible Study	The Salvation Army Royston Corps	Royston	Sunday	10:30-11:30	01226 727 203
Senior Screen Presentations	Parkway Cinema	Barnsley	Wednesday	10:30	01226 248 218
Pop in Club	Mapplewell Village Hall	Mapplewell	Friday	14:00-16:00	01226 381 006
Healthy Ageing Exercise Class	Mapplewell Village Hall	Mapplewell	Wednesday	10:00-11:00	01226 381 006
Sporting Memories	Oakwell Indoor Academy Centre	Barnsley	Wednesday	14:00-15:00	01226 211 333
Community Gardening	Springvale Community Centre	Penistone	Wednesday	10:00-14:00	01226 776 820
Knit and Natter	Wombwell Library	Wombwell	Monday	10:00-11:00	01226 776 820
Bowls Group	Shaw Lane Sports Club	Barnsley	Thursday	10:30-11:30	01226 776 820

Our care

When it comes to care, there's no 'one size fits all' approach, so we don't offer one. What we do is provide care that is personal, tailored, flexible and adaptable as and when needs change.

Our home care services are wide-ranging. For instance, some older people are very good at looking after themselves in their home, but may need help with shopping. Others may need help with preparing meals or housekeeping.

Why Home Instead?

We set the bar extremely high in terms of the standard of care we deliver. We do this because we believe people who need care and support should be confident that they have made the right decision.

Our quality, award-winning care comes down to the Care Professionals who are handpicked for their caring heart, friendly character and empathy. By doing the 'Mum Test', we strive ourselves on employing people we would truly trust for ourselves. Our Care Professionals and wider team love what they do and are proud to do it for us.

"It hasn't felt like *care* at all. At least, not what I thought care would feel like. I've actually really *enjoyed* it."

Maggie Jones, client

FREE Community Workshops

Offering training in:

Family Dementia (2 Hours)

An information workshop for individuals & families offering ways to help support loved ones to live well with Dementia.

Parkinson's Workshop (1 Hour)

A workshop to support and inform families in partnership with Parkinson's UK.

Fraud and Scam Awareness (1 Hour)

Workshop on types of scams, how to recognise them and what to do if you are the victim of fraud.

To register your interest or learn more about how to arrange, please contact Home Instead on 01226 391010.





We're here to *help*

If you feel that we could help you or your family, just
give us a call.

01226 391010

www.homeinstead.co.uk/barnsley

WOW Guide: Fifth Edition

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