

WOW

What's

On

Where



Your *guide* to what the community in South
Sheffield has to offer

Your Guide

Welcome to the 3rd Edition of Home Instead Sheffield South's WOW Guide. On the right 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 Sheffield's most reputable organisations:



Alzheimer's Society

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

Get personalised information, support and advice by calling us on:

0333 150 3456
0114 258 4489



LUNCH CLUB REFERRAL SERVICE

Interested in joining a Lunch Club?

We can find the nearest club to you, on a day that suits you.

Expect a hot meal, activities and the chance to chat to people of a similar age.

Clubs are run by volunteers who are trained in Food Hygiene, First Aid and Safeguarding so you'll be in safe hands!

Find out more information via our website or ring 0114 2536650 and leave us a message

www.vas.org.uk



PARKINSON'S UK
CHANGE ATTITUDES. FIND A CURE. JOIN US.

VISIT THE WEBSITE AT:
www.parkinsons.org.uk/sheffield


CONTACT: Val Heap

For more information about support in Sheffield, ring Val on **0114 262 0468**

PARKINSON'S UK
Freephone Helpline: 0808 800 0303

Like/ help us develop our Facebook page:
www.fb.me/ParkinsonsSheffield


Tweet about us and pass the word at:
[@ParkinsonsShef1](https://twitter.com/ParkinsonsShef1)



MS Sheffield and Rotherham are just getting started up again!

NEW activities coming in 2023 as well as the MS Listening Event

Find out more about what they offer by emailing:
SheffieldRotherham@mssociety.org.uk



Wellbeing Centres
Our Dementia Wellbeing Centres provide a full day of activities and support based on a Maintenance Cognitive Stimulation Therapy approach which is proven to delay the onset of dementia symptoms.

Some Council-funded places are available. Privately-funded places are £51.99 per day, plus lunch, or £28.99 for a half-day session.

Please call 0114 250 2850 or email enquiries@ageuksheffield.org.uk to have an introductory free visit or to book on.

Gathering Ground
Gathering Ground is the collective name for Age UK Sheffield's three community facilities in Hillsborough Park: The Bradbury Makers' Shed, The Pavilion, and the Coach House. We have created a partnership with our friends at The Depot Bakery, and RivellCo to provide creative, community activities and an independent artisan café, open to all.

Age UK Sheffield has brought these facilities together for you in a £1 million project, but they are not just for older people - they are for everyone. We have done our utmost to make sure everything is inclusive and accessible, and we are sure people of all ages will grow to love Gathering Ground. Activities range from singing, to creative writing, repair workshops, languages, woodwork, yoga, and much more.

For more information and to see specific event dates, please visit www.gatheringground.uk



COMMUNITY FOUNDATION

If you'd like to learn more about the programmes and clubs at SUCC, please call 0114 261 9883.

Sheffield United Community Foundation works to reduce health inequalities for the people of Sheffield, creating happy and healthy communities.



"Our vision is that all people with a learning disability and their carers in Sheffield are valued, included and respected so they can live fair, full and happy lives."

Get in touch to find out more about our services and support for people with a learning disability/autism and their carers.

01142 767 757
www.sheffieldmencap.org.uk
mencapoffice@sheffieldmencap.org.uk



SHEFFIELD CITY TRUST



SRSB RSS

SRSB and RSS provide opportunity, support, friendship and services to people with sight and/or hearing loss in the Sheffield and Rotherham area, helping them to achieve whatever they wish to do and whatever they aspire to be.

We support over 3,900 visually impaired people in Sheffield and over 2,100 visually impaired and for hearing impaired people in Rotherham. Our residential care home, **Cairn Home** cares for up to 30 people.

Activity	Location	Area	Day	Time	Contact
Coffee Mornings and Afternoon Tea					
Coffee and Chat	St Thomas Church	Crookes	Wednesday	10:30-11:30	0114 267 1090
Coffee Morning	Stephen Hill Methodist Church	Lodge Moor	Monday	10:00-12:00	0114 230 6834
Carer's Cafe	Stephen Hill Methodist Church	Lodge Moor	4th Monday	10:00-12:00	0114 230 6834
Coffee Morning	Woodseats Library	Woodseats	Wednesday	10:30-12:00	0114 293 0411
SRSB Coffee Morning	SRSB's Mappin Street Centre	City Centre	Alternate Wed/Thurs	10:00-12:00	0114 272 2757
Lunch Clubs					
Tea Dance	Woodseats Methodist Church	Woodseats	Ring	14:00-16:00	07786 635 895
Lunch Club	Stephen Hill Methodist Church	Crosspool	Wednesday	12:30-13:45	0114 266 70989
Soup and Roll Club	Tapton Hill Church	Tapton	1st Friday	12:00-14:00	07971 408 809
Lunch Clubs	Various	Various	Various	Various	0114 253 6674
Lunch Club	Wesley Hall	Crookes	Thursday	11:30	07568 612 161
The Beestro	Troway Hall	Troway	Tuesday—Saturday	10:00-16:30	01246 413809
Friendship Club	Bents Green Methodist Church	Bents Green	Alternate Tuesdays	14:00-15:30	0114 268 6507
Dementia Cafe	Bents Green Methodist Church	Bents Green	1st and 3rd Thursday	14:00-16:00	0114 268 6507
Tabby Teas	Tabby Teas Cafe	Highfield	Tuesday—Sunday	11:00-18:00	info@tabbyteas.co.uk
Lunch Club	Sheffield Mencap and Gateway	City Centre	Sunday	11:30-14:00	0114 276 7757
Singing and Dancing					
Steel City Tremorloes Voice Class	St Mary's Church and Conference Centre	Bramhall Lane	Friday	13:30	0114 262 0468
Singing for Health	Graves Sports Centre	Jordanthorpe	2nd and 4th Thursday	13:30-15:00	0114 265 6182
Drumming Group	Sheffield Flourish	City Centre	Tuesday	10:00-14:00	0114 273 7009
Open Mic Session	Blend Kitchen	Ecclesall Rd	1st Tuesday	15:00-17:00	0114 273 7009
Music Group	Sheffield Flourish	City Centre	Wednesday	10:00-12:30	0114 273 7009
Support Groups and Therapy					
Sheffield Macular Group	Central United Reform Church	City Centre	1st Thursday	14:00-15:30	0114 236 2251
Parkinson's Society Social	Quaker Meeting House, St James Street	City Centre	1st Tuesday in Feb, Apr, Jun, Sep, Nov	14:00-16:00	0114 262 0468
Age UK Dementia Wellbeing Centre	St Luke's	Ecclesall Rd	Monday and Wednesday	10:00-15:00	0114 250 2850
Age UK Dementia Wellbeing Centre	Dorothy Fox Centre	Botanical Gardens	Friday	10:00-15:00	0114 250 2850
Age UK Rosemary Memory Café	Dore Methodist Church	Dore	1st and 3rd Tuesday	14:00-16:00	07384 833 594
Age UK Rosemary Memory Café	Bents Green Methodist Church	Bents Green	1st and 3rd Thursday	14:00-16:00	07384 833 594
Age UK Rosemary Memory Café	Fulwood Scout Hut	Fulwood	2nd and 4th Tuesday	10:00-12:00	07384 833 594
LGBT+ Dementia Group	Weston Park Museum	Weston Park	2nd Thursday	13:00-15:00	07857 028 855
Silver Foxes' Men's Group	Woodseats Library	Woodseats	Friday	10:30-12:00	0114 293 0411
Reminiscence Group	Woodseats Library	Woodseats	2nd Friday	14:30-15:30	0114 293 0411
Parkinson's Supporters Group	Various	Various	Various	Various	0114 262 0468
Breathe Easy	Graves Sports Centre	Jordanthorpe	2nd Wednesday	13:30-15:00	0114 265 6182
Exercise					
Step Out—Health Walks	Various	Various	Various	Various	07505 639 524
Keep Fit	Stephen Hill Methodist Church	Lodge Moor	Monday	14:00-15:00	0114 230 6834
Keep Fit	Stephen Hill Methodist Church	Lodge Moor	Tuesday	15:00-16:00	0114 230 6834
Keep Fit	Stephen Hill Methodist Church	Lodge Moor	Friday	10:00-11:00	0114 230 6834
Aqua Aerobics	Ponds Forge Leisure Centre	City Centre	Wednesday	09:30	0114 223 3400
Parkinson's Pilates	Hallamshire Physiotherapy Clinic	Broomhill	Tuesday/Thursday	19:30/12:30	0114 267 1223
Parkinson's Dance	All Saints (Ecclesall)	Ecclesall	Thursday	11:00	07770 962 115
Parkinson's Monthly Walks	Various local parks	Various	Saturday	Apr-Oct	0114 262 0468
Swimming Group	Zest, Uppertorpe Baths	Uppertorpe	Weekly	Call	0114 272 2757
Dance to Health	St Augustine's Church Hall	Brocco Bank	Monday/Wednesday	13:30-15:30/ 10:00-12:00	07586 367 973
Brunsmear Awareness FC	Goodwin Sports Centre	Crookes	Tuesday	14:00-15:00	0114 273 7009
Bowling	Sheffield Mencap and Gateway	City Centre	Saturday	11:45-14:45	0114 276 7757
Cricket	Sheffield Mencap and Gateway	City Centre	Tuesday	17:00-18:00	0114 276 7757
Clubs and Societies					
Women's Institute	Stephen Hill Methodist Church	Lodge Moor	4th Monday	13:00-15:00	07403 281 609
W.I. Knit and Natter	Stephen Hill Methodist Church	Lodge Moor	Friday	10:00-12:00	07403 281 609
Board Game Group	Tapton Hill Church	Tapton	2nd Friday	12:00-14:00	07971 408 809
VI Snooker Academy	Stephen Harrison Academy	Attercliffe	Fortnightly	Various	0114 272 2757
CAST Art Group	Sheffield Flourish	City Centre	Monday	14:00-16:00	0114 273 7009
Games, Craft, Chat	Bents Green Methodist Church	Bents Green	Wednesday	12:30-15:00	0114 268 6507
Gateway Social Age 30+	Sheffield Mencap and Gateway	City Centre	Monday	18:30-20:30	0114 276 7757

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 0114 250 7709.





We're here to *help*

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

0114 250 7709

www.homeinstead.co.uk/sheffield-south