

DECEMBER 2020 EDITION

Sheffield wellbeing colouring

AND OTHER RESOURCES TO
SUPPORT YOUR MENTAL HEALTH



SHEFFIELD
MENTAL HEALTH GUIDE



SHEFFIELD

MENTAL HEALTH GUIDE

Hello Sheffield people!

We know how many people were already struggling with their mental health before 2020, and how many more people are struggling now.

The purpose of this booklet is to make it easier for you to find support and activities to benefit your mental health. We hope it'll be a really good resource for our city.

At the start, you'll find colouring pages designed by local artist Hannah Flynn, which you can work on while reading (research shows colouring in is massively good for our mental health – in adults as well as children!). We've included some focused local resources around different areas of 'wellbeing'.

The rest of the booklet is a directory based on a local website called the Sheffield Mental Health Guide. The Guide – which is funded by Sheffield City Council – includes hundreds of services and activities from across the city which are mental health friendly. We know it can be hard to get online, so in this booklet we've printed everything that's available now (although things are changing rapidly, so some services may have changed by the time you read this!). If you'd like to talk through the best support options for you, or to get the most up-to-date information, get in touch with us or visit the website:

 **0114 273 7009**

 mhguide@sheffieldflourish.co.uk

 www.sheffieldmentalhealth.co.uk

SCAN ME



We hear the word 'wellbeing' bandied around a lot these days, but what does it mean, and why does it matter? Wellbeing is more than just exercising and eating the right things.

It's about being in good physical, mental and emotional health. Wellbeing doesn't mean the absence of illness or stress, so you can still strive for good wellbeing even when you're experiencing challenges in life. It's an active process of becoming aware of, and making, choices towards a more balanced life.

What is wellbeing?

Your health and wellbeing are made up of many different areas including:



**Life Skills and
Financial Wellbeing**



**Environmental
Wellbeing**



Physical Wellbeing



Emotional Wellbeing



Social Wellbeing



Spiritual Wellbeing



Intellectual Wellbeing



**Occupational
Wellbeing**

Each of the areas of your wellbeing are closely linked and depend on one another, so problems in one area of wellbeing will have an effect on other areas. At the same time, improving one area of your wellbeing can also benefit the others.

Each double page spread in this adult colouring book has been designed to give you an overview of each aspect of wellbeing, and how they affect each other. There are some useful tips on how you can improve your wellbeing.

Why colouring? Research has shown that colouring in can reduce people's stress and anxiety. It's also fun and we like fun!

CONTENTS



Emotional wellbeing



Life skills and financial wellbeing



Physical wellbeing



Social and cultural wellbeing



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Occupational wellbeing



Directory: Activities and support

Emotional wellness is more than handling stress. It involves being in tune with your thoughts, feelings and behaviours. It can really help to learn to be aware of, and sit with your feelings, whether they're positive or negative.

Over time, we can develop a more optimistic approach to life and enjoy it, despite inevitable frustrations and disappointments.

When we're feeling our most emotionally resilient, we will probably be able to take on new challenges, take risks and face conflict when it's needed. Communicating your emotions helps a lot, and can also help you develop stronger relationships with other people.



Emotional Wellbeing

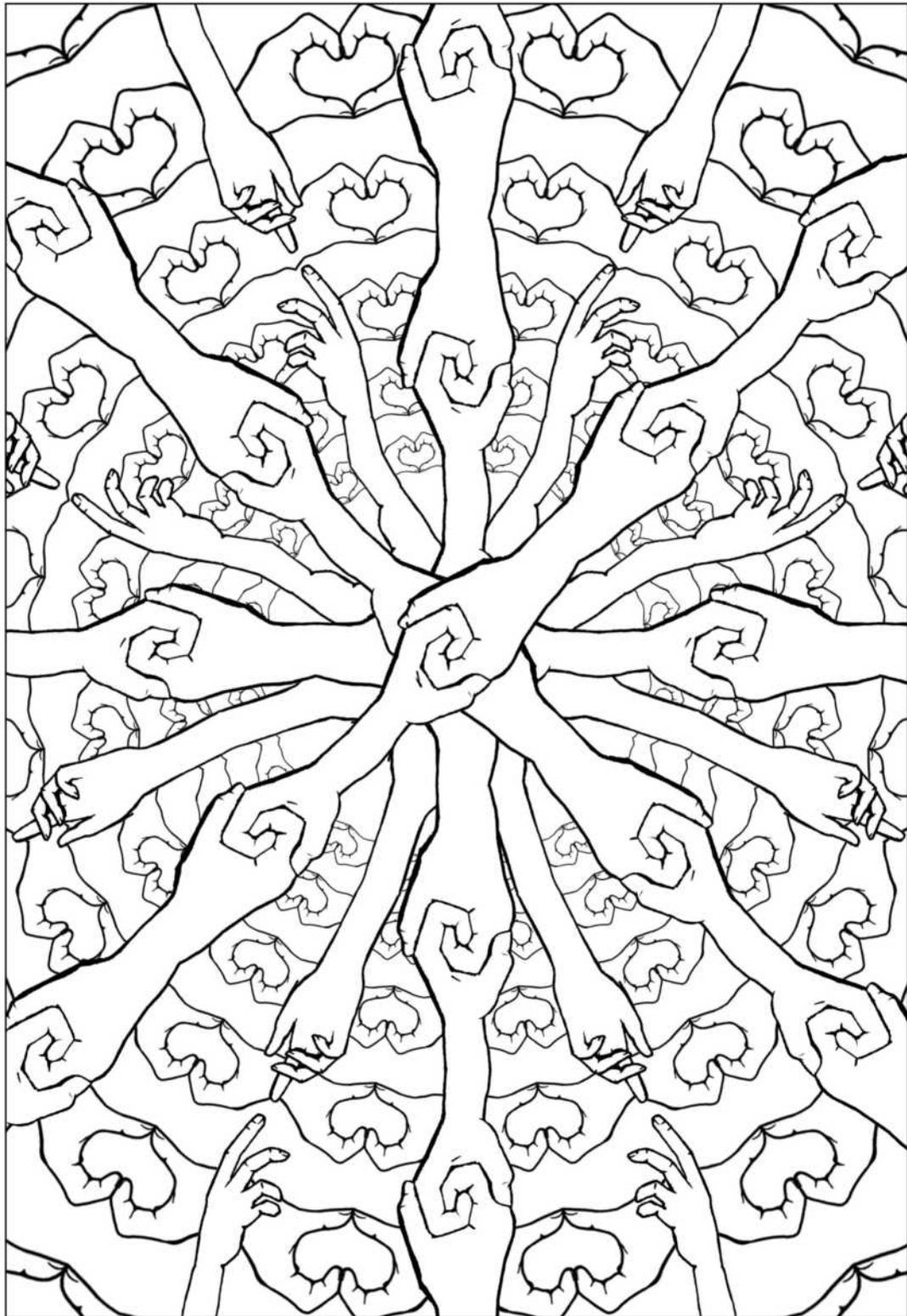
How it impacts other areas of wellbeing

There's a powerful connection between mind and body: in the short term poor emotional health can result in muscle tension, nausea, chest tightness, headaches and poor sleep. Prolonged stress can affect your physical health. So, finding a way to feel good in your head will help your health too.

Good emotional wellbeing improves your relationships with others: your social wellbeing. It will increase energy levels and concentration, making you more productive and improving your intellectual and occupational wellbeing.

Ways to improve your emotional wellbeing

-  Take time to relax each day
-  Be mindful of your thoughts and feelings
-  Learn techniques for coping with stress
-  Accept mistakes: everybody makes them and that's normal. No one's perfect
-  Have realistic expectations of yourself and others
-  If you need support see the Mental Health Directory in this guide
-  Are you a carer? Sheffield Carers Centre can support you. Call **0114 272 8362**
-  Find more support services in Sheffield Mental Health Guide's Toolkit: www.sheffieldmentalhealth.co.uk or call **0114 273 7009**



Life skills mean having the ability to manage day-to-day functional challenges, such as paying bills, filling in forms, working with others and managing your time effectively.



Life skills and financial wellbeing

Financial wellbeing is about being aware of your financial state and managing your finances to meet your basic living needs. This involves budgeting, having a plan and saving for times of uncertainty.

How it impacts on other areas of wellbeing

Organising your home, paying bills and completing paperwork can be stressful so developing these skills and knowing where to get help improves your emotional wellbeing. Nobody likes struggling with money and needing to pay unexpected costs.

By developing a budget and a financial plan you'll improve your emotional wellbeing too. Cooking, maintaining your home and managing your own time will give you a sense of calm as well.

Ways to improve your life skills and financial wellbeing

- 📞 Make a financial plan including how you can save for times of uncertainty. Check out the Money Advice Service's Budget Planner.
- 📞 Citizens Advice can advise on housing and benefits and debt. Call **03444 113 111**
- 📞 The Jobcentre can advise you on benefits you might be entitled to.
- 📞 Sheffield Foodworks sell affordable food that would have otherwise gone to waste - for more info, call **07542 379 246**
- 📞 Sheffield City Council offers help if you're struggling via the Local Assistance Scheme. Call **0114 273 4557** for details.
- 📞 The Green Doctor Energy Advice Service offers free advice and support on how to reduce costs and increase energy efficiency **0808 168 3547**



Physical wellbeing is about looking after your body and seeking appropriate help when you're not well.

This involves good nutrition, sleep, physical activity and proactively looking for ways to protect yourself against illness.



Physical wellbeing

How it impacts other areas of wellbeing

Making positive choices about your physical wellbeing will have a positive effect on many things. Here are some examples:

- A good diet will improve your energy levels
- A good sleep pattern will improve alertness and concentration
- Exercise can improve your mood and relieve stress

Ways to improve your physical wellbeing

- Try exercising for 30 minutes, three times a week
- Aim to eat 5 portions of fruit and veg per day
- If you smoke and want to stop there's support via the Sheffield Stop Smoking Service - call **0800 612 0011**
- Visit your dentist annually for a check up
- Go to bed at a regular time and aim for 7-9 hours rest
- Keep up-to-date with health checks if you have a long term condition
- Keep vaccines up-to-date and attend screening appointments
- The Sheffield Mental Health Guide lists activities for any level of physical health www.sheffieldmentalhealth.co.uk or call **0114 273 7009**
- Try to give yourself time to rest and take care of yourself if you're feeling under the weather.
- Move More Sheffield also has activities you can do or join www.movemoresheffield.com



Being part of a community by connecting with others, positively contributing and respecting diversity are all part of social wellbeing

Social and cultural wellbeing is maintaining and developing positive support networks of family, friends and colleagues.



Social and cultural wellbeing

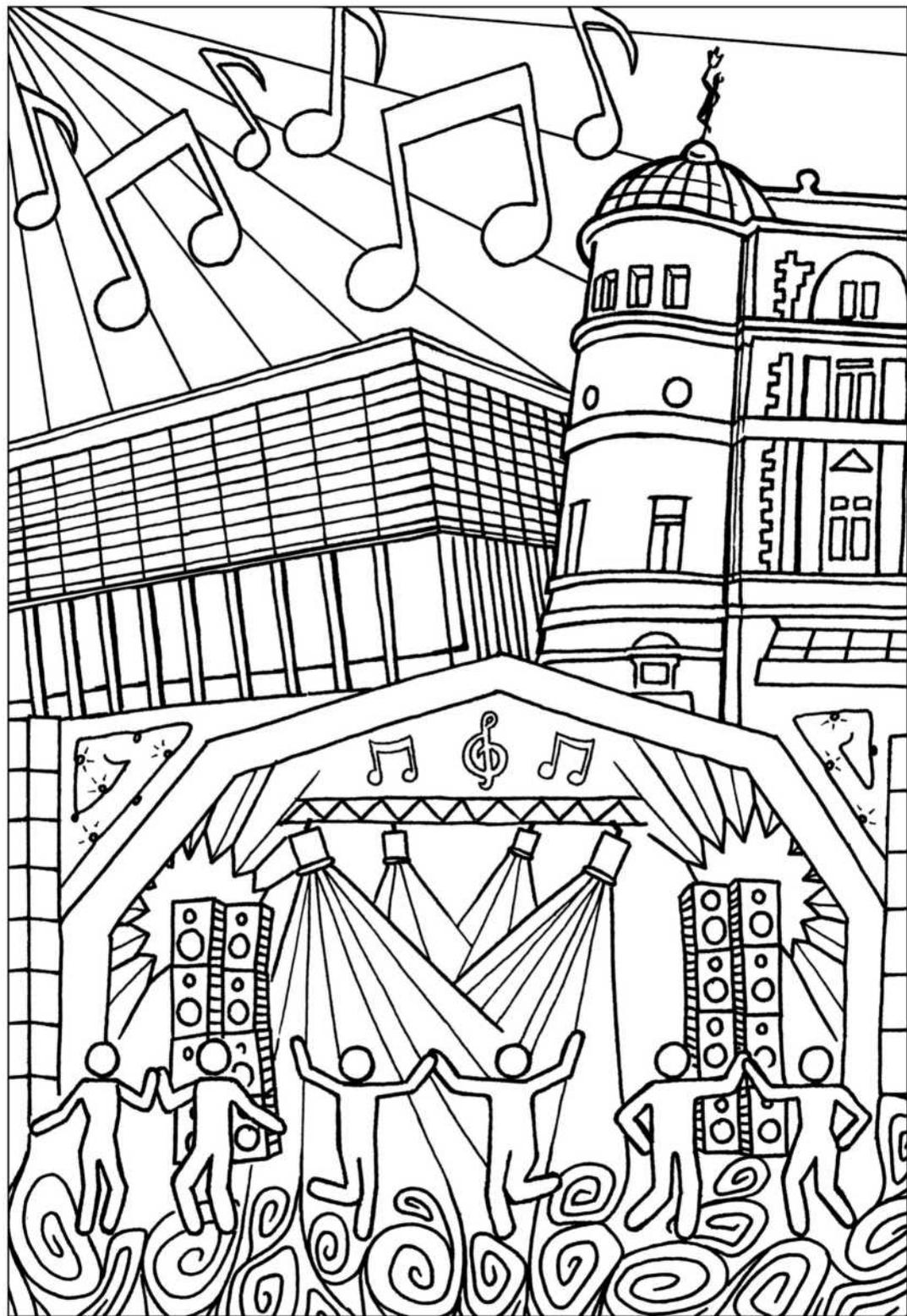
How it impacts other areas of wellbeing

A sense of belonging to a community is really important to your emotional wellbeing. Sadly, we live more isolated lives than we used to, so it can be hard to connect and feel close to others. We can find these connections through neighbourhood groups, activities, hobbies and volunteering.

Maintaining good support networks means that as well as having emotional support, you also have the support of others in times of difficulty: people who can help problem solve, help out financially, help seek out jobs and open up new opportunities.

Ways to improve your social and cultural wellbeing

-  Volunteer in your community
-  Talk to your neighbours - you might find great support
-  Try out social sports
-  Explore your neighbourhood - try a history walk
-  Nextdoor.co.uk is a good way to connect with people locally
-  Join one of Sheffield Flourish's social groups
www.sheffieldflourish.co.uk/our-enterprises or call
0114 273 7009
-  Try one of the various groups or activities within this guide
-  Keep in touch with family and friends - they'll be glad to hear from you
-  Join you local Facebook group to find out about news and events



Intellectual wellbeing isn't necessarily about books or studying or winning quizzes down the pub. Instead, it means recognising your abilities and interests, and finding ways to build and grow them. We can develop this through things as varied as learning to play better footie at a weekly training session, going to an evening class or visiting a local museum.

It's not necessarily an academic skill, but the pursuit of personal interests through hobbies, interactions with others, keeping up with current affairs and developing an open and enquiring mind.

It's about keeping up with the things we enjoy that satisfy our curiosities.



Intellectual Wellbeing

How it impacts other areas of wellbeing

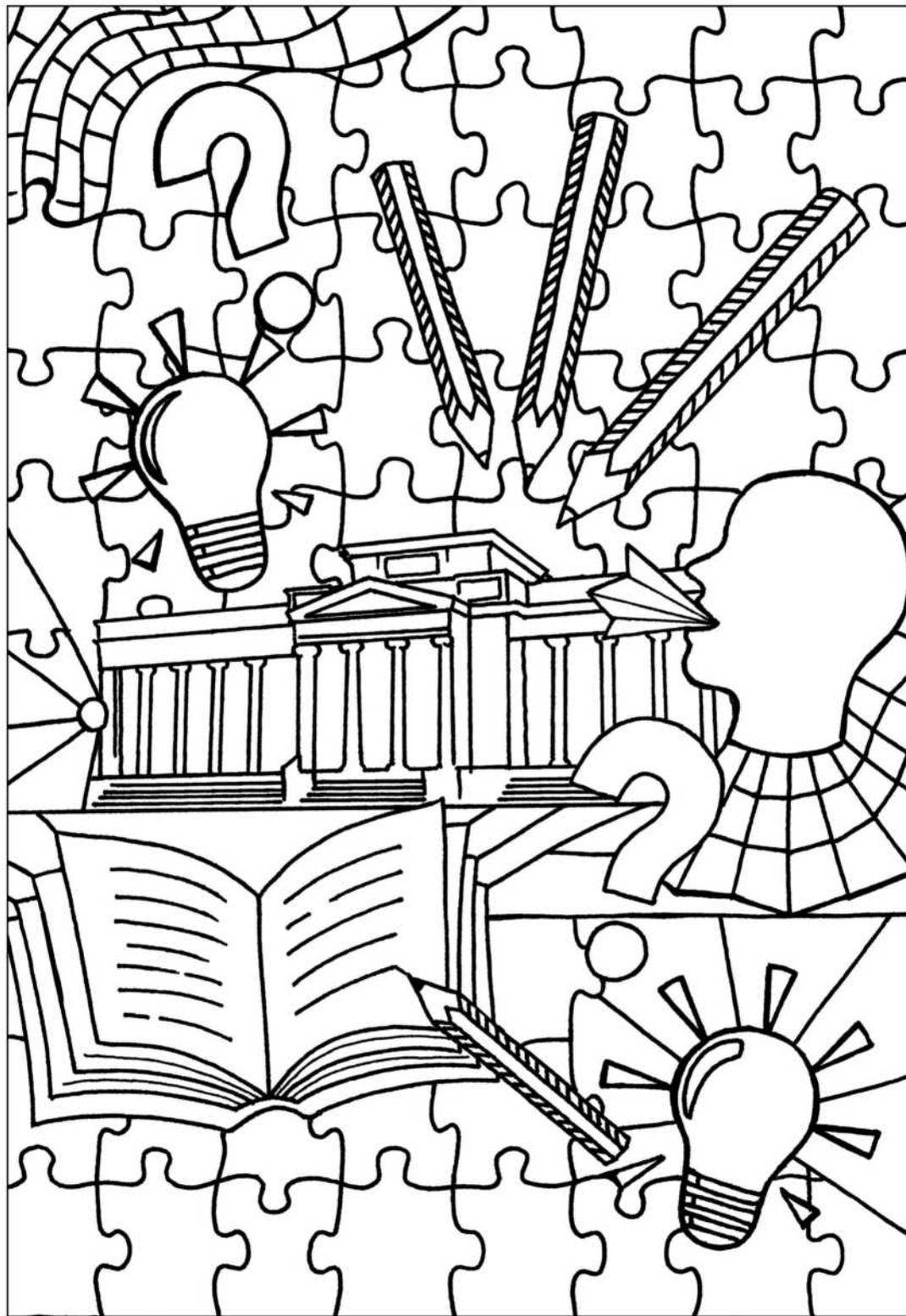
Good intellectual wellbeing has many positive effects. It allows you to become more culturally aware and develop your social wellbeing.

Learning, whether for fun or for work, will have a positive effect on your life skills and your occupational wellbeing.

Valuing the views of others will expand your mindset and contribute to your spiritual and emotional wellbeing.

Ways to improve your intellectual wellbeing

-  Visit a library and find some books to read
-  Some neighbourhoods have 'little libraries' you can take books for free and return when you've done
-  Watch or read the news if it's not stressful for you
-  Visit one of Sheffield's free museums or galleries
www.museums-sheffield.org.uk or call **0114 278 2600**
-  Sheffield City Council's Adult and Community Learning Service can provide access to training and education **0114 293 0000**
-  Improve your IT skills. Free computer classes and Zoom classes are available. Call The Heeley Trust on **0114 399 1070** for more details



Environmental wellbeing means looking after both your personal environment (your home, and maybe also where you work), as well as caring for your local area, your city, and our planet. We can't do everything, but we can still make a difference.

We can look after our environmental wellbeing by looking after our own safety, living in safe hygienic surroundings, using natural resources responsibly and appreciating the natural world.



Environmental Wellbeing

How it impacts other areas of wellbeing

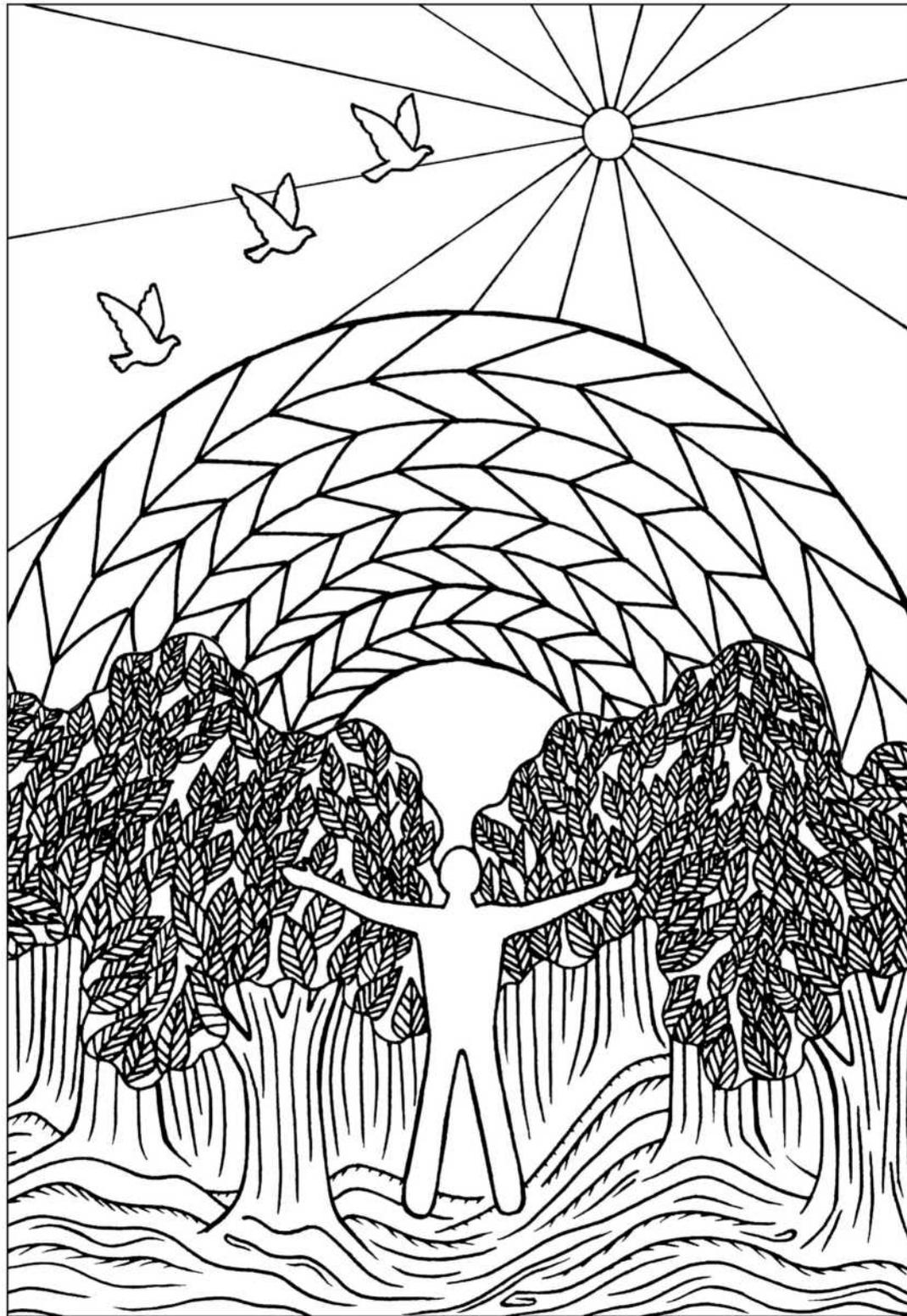
Many human activities have a negative effect on our environment. Air and water pollution negatively impacts our physical wellbeing. Reducing your reliance on natural resources can help. Walking, cycling and using public transport instead of cars also saves you money.

Keeping a clean and tidy home will reduce your risk of illness and improve your mental wellbeing

Looking after your personal safety reduces the risk of accidents and injuries, both of which can affect physical and emotional wellbeing

Ways to improve your environmental wellbeing

-  Recycle, reuse and repair. You will have your own recycling bins or there will be shared ones nearby
-  Try walking or cycling to appointments
-  There are lots of activity groups in this guide to try
-  Use public transport when possible www.sypte.co.uk or call **0114 276 7575**
-  Keep your home clean and tidy
-  Plan meals - save money and waste
-  Get involved with Sheffield and Rotherham Wildlife Trust www.wildsheffield.com or call **0114 263 4335**



Spiritual wellbeing is about having a set of guiding beliefs, principles or values that give purpose and meaning to your life.

Spiritual wellbeing isn't necessarily following a religion, but a process of self discovery, learning who you are and who you want to be. It can be about the challenge of reaching beyond your current limits and determining what you're most passionate about.

Spiritual Wellbeing

How it impacts other areas of wellbeing

Spiritual wellbeing is often overlooked but it's one of the most important areas of your wellbeing.

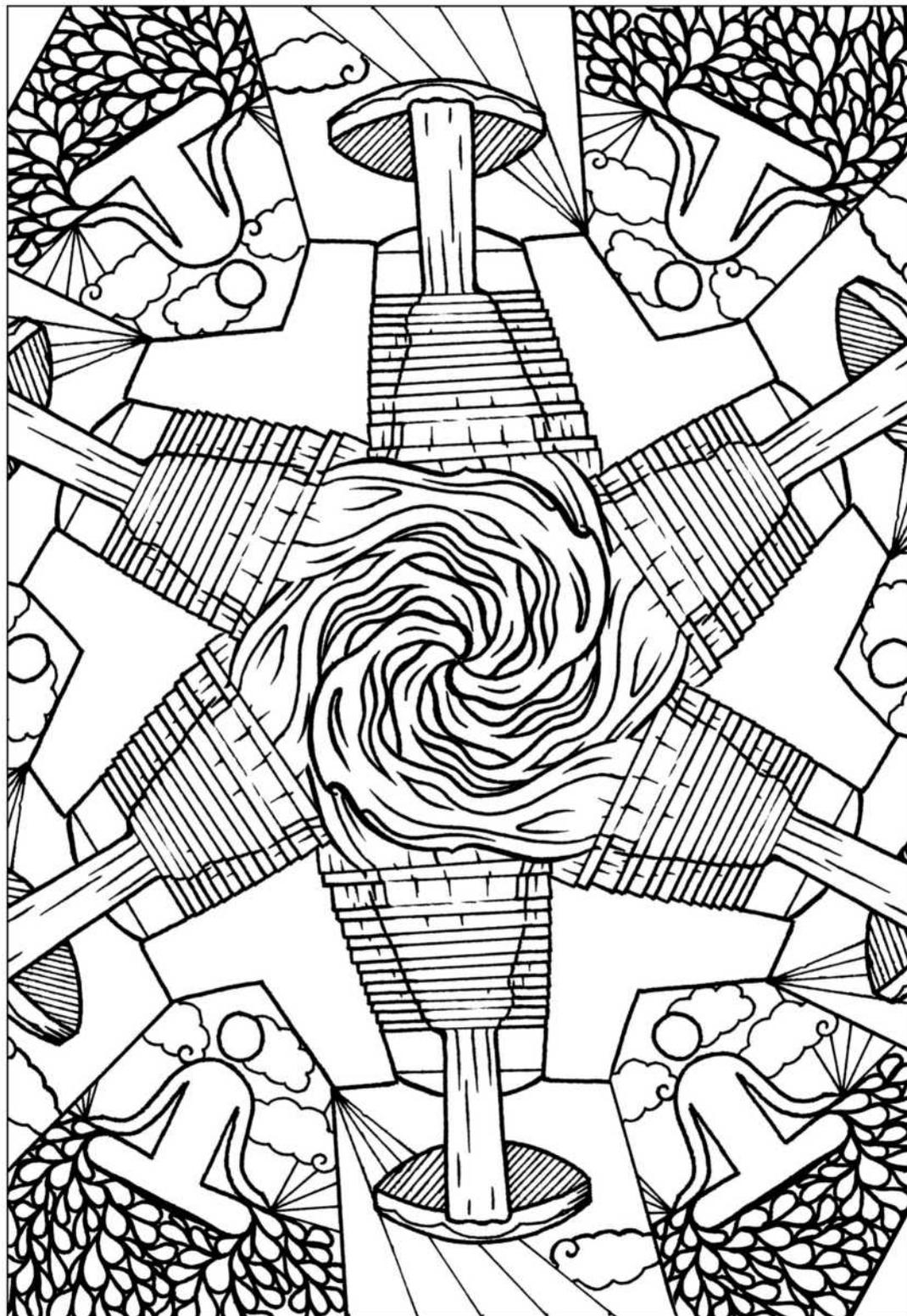
People facing substantial, physical or social stress can better maintain a sense of wellbeing if their spiritual health is strong. Establishing a sense of peace and harmony in your life has a positive effect on your mental health. Realising a common purpose that binds you together with other people in your community improves your social wellbeing.

Many people with significant physical challenges overcome a sense of defeat by having a strong sense of their spiritual wellbeing.

Reflect on your values and how they influence your life choices.

Ways to improve your spiritual wellbeing

-  Take time to quietly reflect on your day
-  Try meditation, yoga or tai chi
-  Make a list of what's most important to you, that gives you a sense of peace, strength or connection
-  Laugh as much as you can
-  Explore faith holistically with Sheffield's Interfaith group www.sheffieldinterfaith.org.uk or call **0114 267 8289**
-  Reflect on your values and life choices and how they influence your life choices
-  Make a jam jar full of happy memories, write them down and open a memory each day (a song, someone you know anything)



Occupational wellbeing means being able to derive pleasure from your work, volunteering or other activities, along with being able to maintain and develop skills which help you and others. It's important to balance this with your leisure time.

Finding value and meaning in your occupation is important in achieving good occupational and emotional wellbeing



Occupational wellbeing

How it impacts other areas of wellbeing

Enjoying your responsibilities and believing they've meaning and value has a positive effect on your emotional wellbeing. This might be what you're doing now, but also what you plan to do in future.

Working well with colleagues and members of communities you're part of improves your sense of emotional and social wellbeing.

A balance between work and leisure time means you'll have more time to concentrate on all of the other areas of your wellbeing.

Ways to improve your occupational wellbeing

- 🕒 Volunteering can be a great way to work with people and get training. Voluntary Action Sheffield post local opportunities www.sheffieldvolunteercentre.org.uk or call **0114 253 6649**
- 🕒 Libraries often offer free training and skills development - pop in to your local library to see what's on or call **0114 273 4712**
- 🕒 Organisations in Sheffield can help you with employment support. You will find some in the directory in this guide
- 🕒 Plan your time carefully so you have a good balance of work and leisure activities
- 🕒 Try arts, crafts or gardening - Sheffield Flourish's enterprises have a number of activities www.sheffieldflourish.co.uk or call **0114 273 7009**



Our Directory



There are absolutely loads of organisations and activities in Sheffield which are mental health friendly. We gathered all of the information for this directory from the Sheffield Mental Health Guide – which is a city-wide resource designed to help you find the support you need.

If you aren't sure which activity in this booklet is right for you, you can call us or email us:

 **0114 273 7009**

 **mhguide@sheffieldflourish.co.uk**

We produced this booklet in December 2020, and things are changing quickly at the moment. If you do have access to a computer, phone or tablet you can find the most up to date information here:

 **www.sheffieldmentalhealth.co.uk**

We welcome feedback so let us know if we've missed anything!

We hope you like it!

The Sheffield Mental Health Guide team



Directory: Activities and support

All information correct at the time of printing - December 2020

Activities Key



**Life Skills and
Financial Wellbeing**



Environmental Wellbeing



Physical Wellbeing



Emotional Wellbeing



Social and Cultural Wellbeing



Spiritual Wellbeing



Intellectual Wellbeing



Occupational Wellbeing

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Throughout this directory you will see these codes. If you have a smartphone, open your camera and point it at the code, it will open the website for the organisation where you can find out more information, alternatively give them a call.

Sheffield Flourish



0114 273 7009



mhguide@sheffieldflourish.co.uk



www.sheffieldmentalhealth.co.uk

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Sheffield Flourish provide a whole host of tools you can use to look after our mental health.

On the Sheffield Flourish website you can read local, personal stories about mental health.

You can also plan and manage your mental health on the My Toolkit website: toolkit.sheffieldmentalhealth.co.uk



Directory: Activities and support

All information correct at the time of printing - December 2020

Sheffield IAPT



 **0114 226 4380**

 www.iaptsheffield.shsc.nhs.uk

You can refer yourself to IAPT either by phone or online.

Sheffield IAPT aim to provide people, who commonly experience problems such as stress, anxiety and depression with access to our service at the right time when they need it most. We will provide the right talking treatments with the right staff at the highest quality and aim to empower people to make informed choices and changes to improve well-being and live fulfilled lives.

Sheffield Rethink Helpline

 **0808 801 0440**

The 24/7 Sheffield Helpline offers emotional support and information to people affected by mental illness, aged 16 and over, who live in Sheffield.

When you call the helpline you will be listened to, treated with dignity and respect, supported to develop coping skills and, if useful, signposted to helpful sources of information and to other services in your area who can help you.

If English is not your first language interpreters are available.

Calls to our number are free from landlines and mobile phones. Our number will not show on your bill.



Directory: Activities and support

All information correct at the time of printing - December 2020

Sheffield Health & Social Care NHS Foundation Trust

 **0114 271 6310**

 **www.shsc.nhs.uk**



Sheffield Health and Social Care provide a range of mental health, learning disability and substance misuse services to the people of Sheffield.

There is lots of helpful information and guides on the website. You can access support by going to see your GP, who will talk to you about what's wrong and suggest a course of action. They may refer you to one of Sheffield Health and Social Care's services.

GP Practice Support

Contact your GP Practice

A number of GP practices now have mental health staff based in the practice. During Summer 2021 this will be made available to all practices.

The mental health support is provided in partnership between your GP, Sheffield Health and Social Care, Primary Care Sheffield and Sheffield Mind.

Speak to your GP practice for more details.



Directory: Activities and support

All information correct at the time of printing - December 2020

Sheffield Hearing Voices Group

0114 271 8210



peter.bullimore@yahoo.co.uk



www.hearing-voices.org/groups/sheffield



The Hearing Voices Group is open to anyone who experiences paranoia or hearing voices (psychosis). The group provides an opportunity for those with similar issues to talk to each other, give each other emotional support, talk about coping strategies etc. You do not have to be registered at a mental health service.

The group currently meets on Thursdays and Saturdays via Zoom. Saturday's group is a joint group with the Texas, USA Hearing Voices Group. **Please call or email for the times and joining details for the Zoom groups.**

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Sheffield Mind



0114 258 4489



info@sheffieldmind.co.uk



www.sheffieldmind.co.uk

Sheffield Mind works to improve wellbeing and provide advice and support to empower anyone experiencing a mental health problem. Sheffield Mind work locally with our partners to improve services and increase awareness and accessibility.

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Directory: Activities and support

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Sheffield Carers Centre

 **0114 272 8362**

 www.sheffieldcarers.org.uk

 Ground Floor East, Concept House, 5 Young Street, Sheffield, S1 4UP

Sheffield Carers Centre provide advice, support and activities for carers in Sheffield. Call their advice line for support and to find out more about what's available between **10am-4pm, Monday to Friday.**

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ADIRA

 **0114 272 8362**

 annemyrie@gmail.com

 SADACCA, 48 Wicker, Sheffield S3 8JB

ADIRA is a support group for black women with or without mental health issues, or who are supporting someone with mental health issues. Contact Ursula Myrie to find out more about upcoming events and support.

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Directory: Activities and support

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Sheffield Mind Listening Line

 **0114 312 2209**

 www.sheffieldmind.co.uk

Monday to Friday 10.00am - 4.00pm

Sheffield Mind provide an over 50's listening line. In difficult times having someone to talk to and hearing another friendly voice can make a big difference. A ring-back service is offered whether you want a chat or to some advice about wider support. Listening Line offers up to 30 minutes on a call, once per week.

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Green Doctor Energy Advice Service

 **0808 168 3547**

 www.groundwork.org.uk

The Green Doctor Energy Advice Service provided by Groundwork Yorkshire offers valuable assistance to many vulnerable households. You may be an elderly person needing help to switch supplier or a young family applying for an energy grant. The service helps households to save money, increase energy efficiency and keep their homes warmer.

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Sheffield Domestic Abuse Coordination Team

 **0808 808 2241**

 www.sheffielddact.org.uk

 help@sheffielddact.org.uk

 Sheffield DACT, Moorfoot Building, Sheffield, S1 4PL

Monday - Friday: 8.00am - 7.00pm and Saturdays 9.00am - 5.00pm

**Outside of these times you can call the
National Domestic Violence Helpline 24/7 - 0808 2000 247**

The helpline offers advice, support and safety for people experiencing domestic and sexual abuse. If you are worried about friends or family members you can also call the helpline.

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Directory: Activities and support

All information correct at the time of printing - December 2020

Brunsmeer Awareness Football Club



 brunsmeer@sheffieldflourish.co.uk

 Hillsborough Park

Brunsmeer Awareness FC is part of Sheffield Flourish. We're currently playing at Hillsborough Park while we wait for Goodwin Sports Centre to re-open. We are taking new members. Unfortunately we can't currently re-open the women's sessions as our coaches are not available.

Oasis



 **07926 097027 (Fran)**

 www.sheffieldflourish.co.uk/our-enterprises/oasis

 oasis@sheffieldflourish.co.uk

Fancy growing your own vegetables? At Oasis, you can learn and share gardening skills in lovely surroundings, meet new people and grow your own delicious vegetables. Free of charge and all skill levels are welcome. They are mental health friendly and always delighted to hear from new volunteers. Please contact the team to find out more.

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Ignite Imaginations



 **0114 268 6813**

 www.igniteimagination.org.uk

 enquiries@igniteimagination.org.uk

 c/o Old Junior School, South View Road, Sheffield, S7 1DB

Ignite Imaginations celebrate and connect communities through art and creativity. Through high quality workshops they support individuals to gain new skills, confidence and ignite imaginations.

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Directory: Activities and support

All information correct at the time of printing - December 2020

Springboard



0114 243 4340

info@sheffieldmind.co.uk

Wednesdays 2.00pm - 3.45pm

The Springboard is an informal peer support group designed to help people get the support and advice they need to make progress in their recovery. Sessions are currently running over Zoom. Contact Sheffield Mind to join.

Online Games



0114 273 7009

info@sheffieldflourish.co.uk

Tuesdays and Fridays at 11.00am

Since lockdown Sheffield Flourish have been running bi-weekly online games which anyone can join in on. We hope to be able to continue these. Call or email to join.

Mankind Mens Group



0114 273 7009

www.sheffieldmind.co.uk

info@sheffieldmind.co.uk

Thursdays 5.00pm - 6.45pm

Mankind men's group is an informal support group run by Sheffield Mind for men to meet up and talk. It currently runs over Zoom - contact Mind to join.

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Ladies Walking Group

 **0114 270 2040**

 Zest Centre, 18 Upperthorpe, Sheffield, S6 3NA

Tuesdays 2.30pm - 4.00pm

Enjoy a great community walk and meet new friends. All ladies are welcome to join us on our local health walks. Meet in the main reception at Zest.

S.O.D.I.T.

 **0114 242 1700**

 www.sodit.org

 info@sodit.org

 Woodbourn Business Centre, 10 Jessell Street, Sheffield, S9 3HY

Weekdays 10.00am - 4.00pm

S.O.D.I.T is a charity which supports women with depression and related mental health distress. They currently offer over the phone support.

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Men Up North

 **07922 219 482**

 www.menupnorth.co.uk

 menupnorth@gmail.com

 108 The Moor, Sheffield, S1 4PD

Wednesdays 7.00pm - 9.00pm

Men Up North is a space for men to talk about men's health and wellbeing. Contact Men Up North for more information.

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Directory: Activities and support

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Light - Pre and Post Natal Support

 **0114 438 8962**

 www.lightpeersupport.org.uk

 contactus@lightpeersupport.org.uk

 Knowle House, 4 Norfolk Park Road, Sheffield, S2 3QE

Light provides peer support groups for people who are pregnant or have recently given birth. Groups are currently being delivered online - email or call Light to join

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Open Door Music

 **07977 049 502**

 info@sheffieldflourish.co.uk

 Sheffield Flourish, Upper Floor, 4 Windrush Way, Sheffield, S3 8JU

Weekly sessions - call for details.

Open Door Music run a mental health friendly group where people get together to jam, socialise, build friendships and pursue musical ambitions. Everyone's welcome, whether you can sing, produce or play, or are completely new to making music.

Sage Greenfingers

 **0114 273 7718**

 www.sagesheffield.org.uk

 enquiries@sagesheffield.org.uk

 **Grimesthorpe - Tuesdays 10.00am - 12.00pm**

The gardening group is open to anyone who is struggling with their mental health. The group is currently small so you will need to contact Sage first for a place as they are limited. Its free to join but a weekly donation is encouraged.

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Futures FC



07478 700 621

futuresfcb@gmail.com

Fir Vale School, Owler Lane, Sheffield, S4 8GB

Every Thursday 6.45pm - 8.15pm

The group welcomes everyone and anyone can attend, you don't need to book. They work on a person centred model and look to empower people to realise their potential.

Bipolar UK Sheffield



07591 375544

www.bipolaruk.org

supportgroups@bipolaruk.org

Quaker Meeting House, 10 St James Street, Sheffield, S1 2EW

Third Thursday of Every Month

Bipolar UK support groups are can be attended by anyone affected by bipolar as well as families, friends and carers.

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Autism Plus



0114 384 0284

www.autismplus.co.uk

info@autismplus.co.uk

Courtwood House, Silver Street Head, Sheffield, S1 2DD

Autism Plus support adults and young people with autism, learning disabilities, mental health conditions and complex needs. They currently offer employment support which people with autism can refer themselves to.

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Directory: Activities and support

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CAST



 **0114 273 7009**

 cast@sheffieldflourish.co.uk

Creative Arts Support Team (CAST) uses a variety of arts activities to support mental health and wellbeing. It is run by a group of mental health service users, volunteers and workers and is an enterprise of Sheffield Flourish. Activities include: art gatherings; writing groups and art for wellbeing.

No Panic Sheffield



 **07505 712 164**

 www.nopanicsheffield.org.uk

 nopanicsheffield@gmail.com

 Quaker Meeting House, 10 St James Street, Sheffield, S1 2EW

Every Wednesday 6.30pm - 8.30pm

No Panic Sheffield run support groups based on CBT techniques and peer support. The groups aim to help people find ways of managing their anxiety and panic.

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Sheffield Young Carers



 **0114 258 4595**

 www.sheffieldyoungcarers.org.uk

 information@sheffieldyoungcarers.org.uk

 Unit R7b, Riverside Block, 20 Prospect Road, Sheffield, S2 3EN

Information, advice and support for children and young people (aged 8-25 years) who care for, or who share the care of someone who is ill, has a disability, has mental health problems or who is affected by alcohol or substance use.

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Directory: Activities and support

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Steps Forward

 **07706 921 025**

 www.walkingforhealth.org.uk

 stepsforwardsheffield@gmail.com

 Endcliffe Park, Sheffield, S11 8RS

Every Sunday at 10.30am

Steps Forward is a walking scheme designed for individuals with mild to moderate anxiety related disorders.

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Late Night Art Cafe

 **07591 375544**

 www.spirit-of-the-rainbow-heron.com

 info.rainbowheron@gmail.com

 Sheffield Mind Wellbeing Centre, 110 Sharrow Lane, Sheffield, S11 8AL

Last Sunday of every month 6.00pm - 10.00pm

It is for anyone who self-identifies as a young person and provides a safe place to sit, read, play games, listen to music, talk, relax. You can also take part in informal creative activities.

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Friendly Fridays At Sheffield Mind

 **0114 258 4489**

 www.sheffieldmind.co.uk

 info@sheffieldmind.co.uk

 Sheffield Mind Wellbeing Centre, 110 Sharrow Lane, Sheffield, S11 8AL

Fridays 1.00pm - 3.00pm

A friendly, weekly drop-in event and everyone is welcome. You can chat, read a magazine or play a board game. Trained volunteers will be available if you need support or advice.

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Directory: Activities and support

All information correct at the time of printing - December 2020

Healing Word Meeting

 **0114 272 3906**

 debjanichatterjee@outlook.com

 11 Donnington Road, Sheffield, S2 2RF

The Healing Word is a cancer support group focusing on word-based complementary therapies such as storytelling and poetry, led by a well-known writer, creative arts therapist and cancer survivor Debjani Chatterjee.

Carers Group Meeting - Michael Carlisle Centre

 **0114 271 8022**

 www.shsc.nhs.uk

 chaplains@shsc.nhs.uk

 Michael Carlisle Centre, 75 Osborne Road, Sheffield, S11 9BF

First Wednesday of every month 2.00pm - 4.00pm

The Carers Group Meeting is not a religious group in any way. It's simply a safe, relaxed space where you can talk with others in a similar position and receive support and care.



Singing Through The Seasons

 **0114 273 7718**

 www.sagesheffield.org.uk

 enquiries@sagesheffield.org.uk

Singing group for women with mental health concerns. Currently the group meets online via Zoom plan to return to face-to-face when possible. There's no charge but a donation is encouraged. For more information please email or call.





Directory: Activities and support

All information correct at the time of printing - December 2020

Ashiana Sheffield



0114 255 5740

www.ashianasheffield.org

info@ashianasheffield.org

PO Box 367, Sheffield, S1 1HX

Monday - Friday 9.00am - 5.00pm

Ashiana Sheffield is a service for black, asian, minority ethnic and refugee women, young people and children affected by abuse.

SCAN ME



Mencap and Gateway Sheffield



0114 276 7757

www.sheffieldmencap.org.uk

developmentmanager@sheffieldmencap.org.uk

Norfolk Lodge, Park Grange Road, Sheffield, S2 3QF

Mencap offers social, learning and support services. These include courses, drama and creative writing groups, football teams, health and nutrition groups, support for carers, and evening Gateway clubs; an opportunity for people to see friends, relax and enjoy themselves in a safe and welcoming environment.

SCAN ME



Sheffield Citizens Advice



0808 278 7820

www.citizensadvice.org.uk

Various local sites throughout Sheffield. Please call for more information.

Citizens Advice Sheffield provides free, confidential and independent advice and advocacy on a wide range of topics. These include welfare benefits, tax credits, Universal Credit, debt, housing, family issues, relationship breakdown, your rights, employment and immigration.

SCAN ME





Directory: Activities and support

All information correct at the time of printing - December 2020

Wild At Heart

-  **0114 263 4355**
-  www.wildsheffield.com
-  j.king@wildsheffield.com
-  37 Stafford Road, Sheffield, S2 2SF

We run friendly, supportive nature-based activity sessions for adults with the aim of exploring our local green spaces to help boost wellbeing and develop personal resilience.

SCAN ME



Chilypep

-  **0114 234 8846**
-  www.chilypep.org.uk
-  11 Southey Hill, Sheffield, S5 8BB

Chilypep works to involve young people aged 8-25 in the policy and decision making of services and organisations which affect them in Sheffield. Their purpose is to promote the rights, wellbeing and opportunities of all young people across Sheffield and South Yorkshire.

SCAN ME



Solace Women's Group

-  **0114 237 2828**
-  www.solaceliving.co.uk
-  info@solaceliving.co.uk
-  St Mary's Church, Bramall Lane, Sheffield, S2 4QZ

Monday 10.00am - 12.00pm (term time only)

The Solace Women's Group offers crafts including card making, crochet, jewellery making and papercrafts as a way of promoting good mental health and general wellbeing.

SCAN ME





Directory: Activities and support

All information correct at the time of printing - December 2020

Sheffield Advocacy Hub

 **0800 035 0396**

 www.sheffieldadvocacyhub.org.uk

 referrals@sheffieldadvocacyhub.org.uk

Monday - Friday 9.00am - 5.00pm

Sheffield Advocacy Hub is the single point of contact for all advocacy in Sheffield. They run in partnership between Citizens Advice Sheffield, Cloverleaf Advocacy and Disability Sheffield.

SCAN ME



Firvale Community Hub

 **0114 261 9130**

 www.firvalecommunityhub.org.uk

 info@firvalecommunityhub.org.uk

 Firvale Community Centre, 127 Page Hall Road, Sheffield, S4 8GU

Firvale Community Hub provides advice and information for legal and immigration needs, health projects, employment and training, volunteering opportunities, home visits and outreach services and an elders project.

SCAN ME



Knit & Natter Group

 **0114 266 6708**

 Dana Cafe, 214 Crookes, Sheffield, S10 1TG

Every Wednesday 10.00am - 12.00pm

A safe welcoming environment full of friendly individuals who meet weekly to socialise and knit. Ideal for people who are feeling low, lonely and isolated and would like to make friends and spend some time in a pleasant, stress free atmosphere.



Directory: Activities and support

All information correct at the time of printing - December 2020

The Meeting Place Social Cafe

 **0114 288 7899**

 www.themeetingplace.live

 Christ Church Stocksbridge, 588 Manchester Road, Sheffield, S36 1DY

This is a weekly event in Stocksbridge aimed at anyone feeling lonely and isolated, anyone who wants to know more about local services and anyone feeling low, isolated, or would just like to talk to someone.

SCAN ME



ACT Sheffield (Aspiring Communities Together)

 **0114 243 4340**

 www.actsheffield.com

 reception@actsheffield.com

 Fir Vale Centre, Earl Marshal Road, Sheffield, S4 8LB

ACT provide healthy living support, adult education classes, young people support, older people support and language support to black and minority ethnic people in Sheffield. Their primary focus is in the Fir Vale and Burngreave areas of the city.

SCAN ME



South Yorkshire Eating Disorders Association (SYEDA)

 **0114 272 8822**

 www.syeda.org.uk

 info@syeda.org.uk

 26-28 Bedford St, Sheffield, S6 3BT

SYEDA provide one to one therapeutic and practical support for people experiencing eating disorders and for families and friends. They also facilitate groups and deliver education and training sessions in schools, colleges and the wider community.

SCAN ME





Directory: Activities and support

All information correct at the time of printing - December 2020

Andy's Man Club

 www.andysmanclub.co.uk

 info@andysmanclub.co.uk

 South Yorkshire Fire and Rescue, 197 Eyre Street, Sheffield, S1 3FG

Mondays 7.00pm - 9.00pm (except bank holidays)

Their drop in's are free and provide an opportunity for men open up about their mental health problems and reducing stigma. If you don't feel talking you can just 'be'.



SCAN ME

Sheffield Volunteer Centre

 **0114 253 6649**

 www.sheffieldvolunteercentre.org.uk

 vc@vas.org.uk

 The Circle, 33 Rockingham Lane, Sheffield, S1 4FW

Monday - Wednesday 10.00am - 4.00pm

If you're interested in volunteering, or have volunteers yourself, the Volunteer Centre Sheffield can offer you advice, information and a wide range of volunteering opportunities in Sheffield to suit your requirements. At their weekly drop-in sessions.



SCAN ME

BME Voices Talk Mental Health

 **07595 176 631**

 www.bmevoices.co.uk

 info@bmevoices.co.uk

BME Voices Talk Mental Health is a venture to create platforms for Black and Minority Ethnic (BME) mental health therapists to share good practice and research, share their work and offer a BME perspective.



SCAN ME



Directory: Activities and support

All information correct at the time of printing - December 2020

Anxiety UK

 **03444 775 774**

 www.anxietyuk.org.uk

 support@anxietyuk.org.uk

Help and support is provided with anxiety disorder or phobias. This includes (but is not limited to), body dysmorphic disorder (BDD), obsessive compulsive disorder (OCD), post traumatic stress disorder (PTSD) and panic attacks.

SCAN ME



HOPE – South Yorkshire Trauma Support

 **0114 227 0105**

 www.hope-sy.co.uk

 info@hope-sy.co.uk

 The Quadrant, 99 Parkway Avenue, Sheffield, S9 4WG

HOPE is a local charity for people who have suffered a bereavement through a fire, road traffic collision or drowning. They act as a peer support group for anyone who has been bereaved in this way or has witnessed a traumatic incident, no matter your age or when the experience of trauma occurred.

SCAN ME



IDAS

 **0114 249 3920**

 www.idas.org.uk

 info@idas.org.uk

 39 Blossom Street, York, YO24 1AQ

IDAS supports anyone who is experiencing or is affected by domestic abuse or sexual violence. They provide community based support, peer mentoring, group work and access to a free and confidential 24/7 helpline.

SCAN ME





Directory: Activities and support

All information correct at the time of printing - December 2020

Sheffield Autistic Society Monthly Support Group



- www.sheffieldautisticsociety.org.uk
- graham.sasoc@gmail.com
- Concept House, 5 Young Street, Sheffield, S1 4UP

SCAN ME



Third Wednesday of the month 12.30pm - 2.30pm

The group provides support and information to people with autism (including asperger/aspergers syndrome), their families and carers. Anyone of any age is welcome to attend.

Disability Sheffield



- 0114 253 6750**
- www.disabilitysheffield.org.uk
- info@disabilitysheffield.org.uk
- The Circle, 33 Rockingham Lane, Sheffield, S1 4FW

SCAN ME



Disability Sheffield provide a range of support that aims to help disabled people to be fully included in society. The service provides information, advocacy services, employment advice/support and MS benefits support.

Healthwatch Sheffield



- 0114 253 6688**
- www.healthwatchsheffield.co.uk
- info@healthwatchsheffield.co.uk
- The Circle, 33 Rockingham Lane, Sheffield, S1 4FW

SCAN ME



Healthwatch Sheffield collect feedback about health services in the city. Their aim is to improve health and social care services in Sheffield, advocate for change and help people to get the best out of the services that they are accessing.



Directory: Activities and support

All information correct at the time of printing - December 2020

SACMHA Health & Social Care

 **0114 272 6393**

 www.sacmha.org.uk

 admin@sacmha.org.uk

84 Andover Street, Sheffield, S3 9EH

SACMHA support people from any black, asian, minority ethnic background in need of assistance because of their age, youth, disability, financial hardship or social disadvantage.

SCAN ME



Inspire To Change

 **0114 256 7270**

 www.inspiretochange.co.uk

 inspiretochange@probation.sodexogov.co.uk

 Unit 2, Hawke Street Business Park, Sheffield, S9 2SU

Inspire to Change is a programme for men and women (over 16) who have been abusive, controlling or violent in any type of relationship and are concerned about their behaviour. The course has been designed to help participants to learn new skills and find ways to manage and control their abusive behaviour.

SCAN ME



Cathedral Archer Project

 **0114 263 6970**

 www.archerproject.org.uk

 cap.reception@archerproject.org.uk

 Sheffield Cathedral, Church Street, Sheffield, S1 2EF

The Archer Project is a day centre providing basic support and crisis intervention to homeless and vulnerable people ages 18 years and over. The Project works with those who are homeless and vulnerably-housed.

SCAN ME





Directory: Activities and support

All information correct at the time of printing - December 2020

Pathway to Success

 **0114 239 4888**

 www.reachsouthsheffield.org.uk

 187 Blackstock Road, Gleadless Valley, Sheffield, S14 1FX

The programme aims to support adults who are unemployed or economically inactive progress towards, if not into, work. Support is provided around CVs, access to training, voluntary work and financial support.

SCAN ME



Age UK Sheffield

 **0114 250 2850**

 www.ageuk.org.uk/sheffield

 enquiries@ageuksheffield.org

 First Floor, South Yorkshire Fire & Rescue, 197 Eyre Street, Sheffield, S1 3FG

Age UK Sheffield supports older people (aged 50 years and over) in Sheffield, particularly those who are vulnerable or isolated. They work to help older people retain their independence and get the most out of life. The services works with people in their own homes.

SCAN ME



Run Talk Run Sheffield

 www.walktalkrun.com

 lucy@runmindful.co.uk

 The Stag's Head, Psalter Lane, Sheffield, S11 8YN

Run Talk Run is a free, weekly, all-abilities running group that provides a safe and open space to meet like-minded people and talk about mental health, or whatever is on your mind!

SCAN ME





Directory: Activities and support

All information correct at the time of printing - December 2020

Hoarding Disorders UK

 **07427 175 895**

 www.hoardingdisordersuk.org

 jo@hoardingdisordersuk.org

Support and advice to individuals and families affected by the varying levels of hoarding disorder, ranging from the chronically disorganised to those with extreme clutter. There is a support group called the Squirrel Support Squad.

SCAN ME



Roshni Asian Women's Resource Centre

 **0114 250 8898**

 www.roshnisheffield.co.uk

 admin@roshnisheffield.co.uk

 444 London Road, Sheffield, S2 4HP

Support is provided to South Asian women in Sheffield (including women suffering from isolation, domestic violence, depression and anxiety, older women). Their focus is empowering women by helping them to improve their wellbeing and gain life/work skills to live happy and productive lives.

SCAN ME



Sheffield ME & Fibromyalgia Group

 **0114 253 6700**

 www.sheffieldmegroup.co.uk

 33 Rockingham Lane, Sheffield, S1 4FW

The group provides information, support and a point of contact for people of all ages with Myalgic Encephalomyelitis (ME), Chronic Fatigue Syndrome (CFS), and Fibromyalgia. They also support the families and carers of people with these conditions.

SCAN ME





Directory: Activities and support

All information correct at the time of printing - December 2020

Asylum Journey: Online Guide

-  www.asylumjourney.org.uk
-  admin@sheffield.cityofsanctuary.org

Asylum Journey is an online resource created for anyone who is seeking asylum or has refugee status in Sheffield. Covering all stages of the asylum process with comprehensive informal and statutory support at each point; Asylum Journey provides informed, up to date and holistic advice on a number of issues, concerns or problems asylum seekers or refugees may face.

SCAN ME



SOAR (Southey & Owlerton Area Regeneration)

-  **0114 213 4065**
-  www.soarcommunity.org.uk
-  info@soarcommunity.org.uk
-  14 Knutton Road, Parson Cross, Sheffield, S5 9NU

SOAR provides a range of services designed to improve a person's health, wellbeing and employability. They provide peer support groups, health training, job clubs and qualifications. Call SOAR to find out more information.

SCAN ME



Silverline

-  **0800 470 80 90**
-  www.thesilverline.org.uk
-  info@thesilverline.org.uk

The Silver Line is a free confidential helpline providing information, friendship and advice to older people.

They are open 24/7 365 days of the year.

SCAN ME





Directory: Activities and support

All information correct at the time of printing - December 2020

SAYIT  

 **0114 241 278**

 www.sayit.org.uk

 info@sayit.org.uk

 Scotia Works, Leadmill Road, Sheffield, S1 4SE

SAYIT is a local charity that work with young people who identify as LGBTQ+ (lesbian, gay, bisexual, transgender, questioning+), offering, support, practical advice and social opportunities.



SCAN ME

Samaritans Sheffield  

 **116 123 or 0114 276 7277**

 www.samaritans.org

 jo@samaritans.org

The Samaritans are a helpline available 24-hours a day, 365 days a year to provide emotional support for people who are experiencing feelings of distress or despair, including anyone experiencing suicidal thoughts or urges. They are open to anyone regardless of who you are or what you are experiencing. You can call 116 123 or the local number for Sheffield, 0114 276 7277.



SCAN ME

Mums In Need   

 **0800 852 7414**

 www.mumsinneed.com

 enquiries@mumsinneed.com

Mums In Need helps vulnerable mothers who have escaped emotionally abusive and controlling relationships. They provide women with support to help them get the support they need, overcome their fears and rebuild their lives. They offer individual and group support, social activities and educational workshops.



SCAN ME



Directory: Activities and support

All information correct at the time of printing - December 2020

Inclusive Cycling

 **07565 695 296**

 www.sheffieldcycling4all.org

 info@sheffieldcycling4all.org

 The Ballcourts, Hillsborough Park, Parkside Road, Sheffield, S6 2AB

Tuesdays and Thursdays, 10.00am - 12.30pm and 1.00pm - 3.00pm

Cycling sessions take place in Hillsborough Park. You can explore the park, practice your cycling, or just come along and socialise with all the other people who are there.

SCAN ME



Age Better Sheffield

 **0114 290 0294**

 www.agebettersheff.co.uk

 agebettersheff@syha.co.uk

 152 Rockingham Street, Sheffield, S1 4EB

Age Better Sheffield work with a wide range of partners across Sheffield to reduce isolation and loneliness for people aged 50 and over. Support includes: transport; financial inclusion; bereavement support; wellbeing and connecting people. Contact Age Better Sheffield to find out more information.

SCAN ME



Sheffield Asperger Parents Action Group (SAPAG)

 www.sheffield-aspergers.org.uk

 sheffieldsapag@gmail.com

SAPAG hold a support group for parents, carers, friends or partners of an adult or young person with high functioning Autism Spectrum Disorder. They also run the A Team Social Group which organises social activities for adults on the spectrum.

SCAN ME





Directory: Activities and support

All information correct at the time of printing - December 2020

Ben's Centre

 0114 279 9961

 www.benscentre.org

 benscentre@hotmail.com

 15 North Church Street, Sheffield, S1 2DH

Monday, Tuesday, Thursday and Friday 10.30am - 2.30pm

A centre for street drinkers that provides information, advice and access to free hot meals and drinks; laundry; clothing store.

SCAN ME



Darnall Well Being

 0114 249 6315

 www.darnallwellbeing.org.uk

 dwb.enquiries@darnallwellbeing.org.uk

 290 Main Road, Darnall, Sheffield, S9 4QH

A combination of group activities, 1 to 1 support for healthy lifestyles and long term conditions management, peer mentoring and volunteering, as well as delivering health campaigns, training and talks. The team includes multi-lingual speakers; Health Trainers, Health Development Workers.

SCAN ME



LASS (Lesbian Asylum Support Sheffield)

 www.facebook.com/LASSheffield

 lassheffield@outlook.com

 106 Arundel Lane, Sheffield, S1 4RF

First Thursday of every month: 5.30pm - 8.30pm

LASS provide support to women who are seeking asylum in the UK and are in the early stages of the refugee process. They can provide practical and emotional support and signpost to therapeutic services for those experiencing mental health issues.

SCAN ME





Directory: Activities and support

All information correct at the time of printing - December 2020

Karma Nirvana

 **0800 5999 247**

 www.karmanirvana.org.uk

 info@karmanirvana.org.uk

Monday to Friday: 9.00am - 5.00pm

Multilingual confidential helpline providing support and practical guidance to victims and survivors of forced marriage and honour-based abuse.

SCAN ME



ZEST

 **0114 270 2040**

 www.zestcommunity.org.uk

 info@zestcommunity.org.uk

 18 Upperthorpe Road, Sheffield, S6 3NA

ZEST provides a range of services within community, leisure, health and work support services to children and adults. Services include: physical fitness; health and wellbeing groups; activities for children and parents; activities for older people; employment support and community cafes. Call ZEST for more information.

SCAN ME



Big Ambitions

 **0114 276 0039**

 www.bigambitions.org.uk

 enquiries@bigambitions.org.uk

 Exchange Brewery, 2 Bridge Street, Sheffield, S3 8NS

Vocational support and sustainable employment as a therapeutic tool to improve mental health conditions and overall wellbeing. They deliver support programmes to help people to gain and retain work and improve poor mental health.

SCAN ME





Directory: Activities and support

All information correct at the time of printing - December 2020

Maan Somali Mental Health Sheffield

 **0114 275 8556 or 07960 128 582**

 admin.maan@tiscali.co.uk

 8 Paradise Street, Sheffield, S1 2DF

Maan support the Somali community in Sheffield to help address mental health and related needs. They support people with mental health issues, carers and older people to access to mental health services provided by the voluntary and statutory sectors.

Manor and Castle Development Trust

 **0114 278 9999**

 www.manorandcastle.org.uk

 info@manorandcastle.org.uk

 1st Floor Park Library, Duke Street, Sheffield, S2 5QP

A wide range of support and activities are provided, including: health and wellbeing; employment support; children and young people services; volunteering opportunities; carers support and physical health support.

SCAN ME



Flippin Mental Theatre

 **0114 273 7009**

 www.sheffieldflourish.co.uk

 info@sheffieldflourish.co.uk

 Upper Floor, 4 Windrush Way, Sheffield, S3 8JU

Flippin' Mental Theatre is a community enterprise supported by Sheffield Flourish, and led by writer Kathryn Littlewood. For the latest activities and events, please contact Sheffield Flourish.

SCAN ME





Directory: Activities and support

All information correct at the time of printing - December 2020

Cruse Bereavement Care

 **0114 249 3328 or 0808 808 1677**

 www.cruse.org.uk

 sheffield@cruse.org.uk

 Sheffield Cruse, 10 Carver Street, Sheffield, S1 4FS

Cruse provide support to anyone who has been bereaved. They offer telephone support, face to face counselling, training courses and a special service for young people who have been bereaved.



SCAN ME

Shipshape Health & Wellbeing

 **0114 250 0222**

 www.shipshape.org.uk

 info@shipshape.org.uk

 The Stables, Sharrow Lane, Sheffield, S11 8AE

ShipShape is a well-being service offering advice, support and motivation to bring positive health to local people in Sharrow and the surrounding areas. They provide a range of 1:1 and group activities to help people to lead a healthy life in addition to a person centred counselling service.



SCAN ME

ADHD Peer Support Group

 adhdpeerssheffield@gmail.com

 Sheffield NHS Walk-in Centre, 75 Broad Lane, Sheffield, S1 3PB

Second Wednesday of each month: 6.00pm - 7.30pm

This group is for any adult in Sheffield who has ADHD or might relate to ADHD symptoms which is having an impact on their life.

Currently the group is meeting online, please email for the latest information and guidance.



Directory: Activities and support

All information correct at the time of printing - December 2020

Re-engage



01274 753 003



www.reengage.org.uk



jane.murphy@reengage.org.uk

Re-engage is a national charity solely dedicated to tackling loneliness and social isolation among older people. They seek to connect older, lonely people in the community with volunteers who want to make their lives a bit better.

SCAN ME



SADACCA



0114 275 3479



www.sadacca.co.uk



admin@sadacca.co.uk



48 The Wicker, Sheffield, S3 8JB

Sadacca provides support to afro-Caribbean communities in Sheffield. They offer a wide range of community and healthcare services, including: education and training; boxing club; sewing; adult day care; home health care; personal care and companion care.

SCAN ME



Bloom Sheffield



www.bloomsheffield.com



bloom.sheffield@gmail.com



Site 100, Heeley and Meersbrook Allotments, Carfield Lane, Sheffield, S8 9HY

Bloom Sheffield is a community flower garden in Heeley, which aims to provide a safe space for women and girls to learn new skills and be involved in positive activities. The garden will include therapeutic horticulture activities, as well as construction and craft, as a way of promoting positive mental health.

SCAN ME





Directory: Activities and support

All information correct at the time of printing - December 2020

Better Journeys



0114 553 9555



www.betterjourneys.org.uk



betterjourneys@pwlcpj.org.uk

Better Journeys supports people aged 50+ to make journeys easier. It is part of Age Better in Sheffield and aims to reduce social isolation through building confidence in using public transport, and making journeys on bicycle and foot.

SCAN ME



The Art House



0114 272 3970



www.arthousesheffield.co.uk



info@arthousesheffield.co.uk



8 Backfields, Sheffield, S1 4HJ

The Art House is a local charity which aims to enable people from all backgrounds to develop their artistic ability and enjoyment. They run art classes, pottery groups and workshops as well as hosting exhibitions and events. Wellbeing groups are also run for adults who have mental health needs.

SCAN ME



Sheffield Good Mental Health



www.meetup.com/sheffield-good-mental-health

This group is to meet those with mental health issues and organise fun social events.

They meet on weekends/weekdays at various locations around the city.

SCAN ME





Directory: Activities and support

All information correct at the time of printing - December 2020

Relate South Yorkshire



01302 347 474



www.relate.org.uk



relatesouthyorkshire@relate.org.uk

Relate helps couples, families and individuals to make their relationships work better. They offer advice, relationship counselling, workshops, mediation, consultations and support and can do this face-to-face, by phone and online.

SCAN ME



Mental Health and Money Advice



www.mentalhealthmoneyandadvice.org

Mental Health and Money Advice is an online resource that provides clear, practical advice and support for those who are experiencing issues with mental health and money.

They provide lots of different information depending on your circumstance and situation, including downloadable guides that can help you navigate the welfare system, Universal Credit and the PIP.

SCAN ME



Sheffield Suicide Support



www.sheffieldsuicidesupport.co.uk

This website is for anyone who's having suicidal thoughts or feelings, or who's worried about someone else. You can use it to search for local and national help, support and information, as well as specific support around bereavement. There are also learning and training resources.

SCAN ME





Directory: Activities and support

All information correct at the time of printing - December 2020

Alcohol Recovery Team (ARC) at Project 6



- 0114 258 7553**
- www.project6.org.uk/arc
- info@project6.org.uk
- 646 Abbeydale Road, Sheffield, S7 2BB



SCAN ME

ARC provide support, advice and information for people concerned with their own or someone else's drinking. They offer peer support, group work, family support and education/training.

Sheffield Occupational Health Advisory Service (SOHAS)



- 0114 275 5760**
- www.sohas.co.uk
- sohas@sohas.co.uk
- The Exchange Brewery, 2 Bridge Street, Sheffield, S3 8NS



SCAN ME

SOHAS helps people to improve their conditions at work, to help and support them to keep their job. Their services include: advice and support to people with work-related ill health (including mental health issues); advice on health and safety rights; and raises awareness of work-related health problems.

Strong Minds Together



- 07877 160 901**
 - www.strongmindstogether.co.uk
 - strongminds01@gmail.com
 - St George's Park Thorncliffe, Pack Horse Lane, High Green, Sheffield, S35 3HY
- Tuesdays 7.00pm - 9.00pm**



SCAN ME

Strong Minds Together support men aged 18 and above with all aspects of mental health. They provide information, support network, counselling, and a game of football.



Directory: Activities and support

All information correct at the time of printing - December 2020

Sheffield Chinese Community Centre



0114 258 8863



www.sheffieldchinesecommunity.org.uk



belinda@sheffieldchinesecommunity.org.uk



157-159 London Road, Sheffield, S2 4LH

Various activities are provided to promote the health and wellbeing of Chinese people in Sheffield. Activities include, workshops, advice, support, befriending and activities.

SCAN ME



Sporting Memories



07715 000 411



www.sportingmemoriesnetwork.com



matt@thesmf.co.uk

Wednesdays 10.30am - 12.00pm

Sporting Memories support older people aged 50 and over living with dementia, depression and loneliness by helping them to engage with social activities, encouraging them to recall memories of watching or playing sport.

SCAN ME



Assist Sheffield



0114 275 4960



www.assistsheffield.org.uk



Victoria Hall Methodist Church, Norfolk Street, Sheffield, S1 2JB

Assist Sheffield helps destitute asylum seekers by providing accommodation, advice and support to those in most need or distress.

SCAN ME





Directory: Activities and support

All information correct at the time of printing - December 2020

Volunteer Work Day at Greave House Farm

-  **07724 505 911**
-  www.greavefarmhousetrust.org
-  greavehouse@yahoo.co.uk
-  New Hall Lane, Stocksbridge, Sheffield, S36 3GH

Every Thursday 10.00am - 4.00pm

Support is offered to adults with learning disabilities to take part in work on the farm and develop independent living skills.

SCAN ME



Door 43

-  **0114 201 2760**
-  www.sheffieldfutures.org.uk
-  door43@sheffieldfutures.org.uk
-  Star House, 43 Division Street, Sheffield, S1 4GE

Door 43 offers support to 13-25 year olds on a range of emotional wellbeing issues. Door 43 offers drop in services, one to one support, wellbeing cafes and social prescribing spaces and can support young people with lots of different things they may need advice on or are struggling with.

SCAN ME



Tabor

-  **0114 281 5799**
-  www.pxiprojects.wordpress.com
-  pxi.enquiries@gmail.com
-  Mount Tabor Methodist Church, Wordsworth Avenue, Sheffield, S5 8NJ

Tuesdays 10.00am - 1.00pm and Fridays 12.00pm - 4.00pm

A weekly mental health friendly event run by Parson Cross Initiative Projects. You can participate in community cooking, gardening, music and crafts.

SCAN ME





Directory: Activities and support

All information correct at the time of printing - December 2020

Epilepsy Action

-  **0114 235 2197**
-  www.epilepsy.org.uk
-  sheffield.epilepsyaction@gmail.com

Epilepsy Action provides a local contact point in Sheffield offering support to people with epilepsy, their family and friends, and people with an interest in the condition. They offer a monthly meeting and drop-in coffee and chat sessions.

SCAN ME



Walking for Purpose

-  **0114 273 4266**
-  www.sheffield.gov.uk
-  walking4purpose@sheffield.gov.uk
-  32 Westfield Centre, Sheffield, S20 8ND

Every Tuesday 12.30pm - 2.30pm

Walking for Purpose is a free walking and employment project which aims to engage with people across Sheffield who are currently looking for employment and to increase their physical activity levels through walking.

SCAN ME



SAVTE

-  **0114 253 6644**
-  www.savte.org.uk
-  savte@savte.org.uk
-  The Circle, Rockingham Lane, Sheffield, S1 4FW

SAVTE provide English language support to people in Sheffield who for any reason cannot attend an English class. Their volunteers help learners in their communities or in their homes.

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Directory: Activities and support

All information correct at the time of printing - December 2020

Green Estate

-  **0114 276 2828**
-  www.greenestate.org.uk
-  info@greenestate.org
-  389 Manor Lane, Sheffield, S2 1UL

Green Estate offers work experience and social activities for people who have Individual Budgets. The programme aims to increase confidence, develop life skills, expand personal horizons.

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Alcohol Service (Sheffield Treatment and Recovery Team)

-  **0114 305 0500**
-  www.shsc.nhs.uk
-  sct-ctr.fitzwilliamcentrereferrals@nhs.net
-  44 Sidney Street, Sheffield, S1 4RH

The Alcohol Service provides free support to anyone over the age of 18. They can give you information, advice, support and treatment to help you make changes to your drinking and begin your recovery journey. They can also provide and support if you are affected by someone else's drinking.

SCAN ME



St Wilfrid's Centre

-  **0114 255 5720**
-  www.stwilfridscentre.org
-  info@stwilfridscentre.org
-  524 Queens Road, Sheffield, S2 4DT

Support is offered to vulnerable and socially excluded adults (18-65), providing basic welfare services and activities to promote wellbeing and independence.

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Directory: Activities and support

All information correct at the time of printing - December 2020

SPARS



www.spars.org.uk

SPARS (Sheffield Physical Activity Referral Scheme) is a website designed by Move More that directs people to physical activity experts across the city. The intention is to provide the citizens of Sheffield with immediate access to expert and discounted support in physical activity. The site is intended to be used by medical professionals, however individuals can also refer themselves.

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Eating Disorders Service



0114 271 6938



www.shsc.nhs.uk



Winter Street, Sheffield, S3 7ND

Sheffield Eating Disorders Service provide support and treatment to people aged 16 and over who have a moderate or severe eating disorder, such as anorexia or bulimia.

Referrals into the service are via GP, secondary services or through South Yorkshire Eating Disorders Association (SYEDA).

SCAN ME



Roundabout



0114 258 9829



www.roundabouthomeless.org



The Circle, Rockingham Lane, Sheffield, S1 4FW

Support is provided to young people age 16-25 who are homeless or at risk of homelessness. Roundabout provides hostel and independent living accommodation; advice and support, life skills, literacy training, confidence building, access to a drug and alcohol support worker and a money advice service.

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Directory: Activities and support

All information correct at the time of printing - December 2020

Space To Grow

 **0114 281 5799**

 www.facebook.com/pxiprojects

 pxi.enquiries@gmail.com

 Norwood Allotments, off Herries Road, Sheffield S5 7HA

Community allotment: Thursdays 11am-1pm

Space to Grow provides activities that include music, crafts, cooking and a weekly allotment.

SCAN ME



Women's Aid

 www.womensaid.org.uk

 helpline@womensaid.org.uk

 Women's Aid Federation of England, PO Box 3245, Bristol, BS2 2EH

Women's Aid is a national federation of over 180 organisations supporting women and children affected by domestic violence. They offer support to women via live chat, email and online support, and undertake campaigning, research and provide training to raise awareness. They can put you in touch with local services who can offer you support, such as refuges, if necessary.

SCAN ME



First Person Plural

 **01902 810 082**

 www.firstpersonplural.org.uk

 fpp@firstpersonplural.org.uk

 Regent House, Bath Avenue, Wolverhampton, WV1 4EG

Information, advice, training and family support is offered those affected by Dissociative Identity Disorder (DID) and similar complex trauma-related dissociative identity conditions.

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Directory: Activities and support

All information correct at the time of printing - December 2020

Whirlow Hall Farm Trust



 **0114 225 0161**

 www.whirlowhallfarm.org

 admin@whirlowhallfarm.org

Support is provided to those with a Health & Social Care budget who would like to develop a variety of life skills on a diverse working farm. They welcome those with learning difficulties, disabilities and mental health issues.



Gam-Anon



 www.gamanon.org.uk

 sheffield@gamanon.org.uk

Gam-Anon is a 12 step fellowship offering help and support to partners, families and friends of compulsive gamblers and those with a gambling addiction. The website has information, advice and resources for those affected by someone's gambling including a search facility to find local meetings.



Black Minds Matter UK



 www.blackmindsmatteruk.com

Black Minds Matter UK is a collective which aims to connect Black individuals and families with free professional mental health services across the UK.





Directory: Activities and support

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Lasting Impressions Bereavement Support Group



 **07710 456 691**

 e.whitby@sheffield.ac.uk

 St Mark's Church, Broomfield Road, Broomhill, Sheffield, S10 2SE

Second Wednesday of every month: 6.30pm - 8.30pm

A creative support group for anyone who has experienced the loss of a baby. The group is for parents, children, grandparents or other family members.

Autism Centre for Supported Employment



 **07399 122 268 / 07399 122 305**

 www.ac4se.org

 autism.centre@yahoo.co.uk

 Courtwood House, Silver Street Head, Sheffield, S1 2DD

The Autism Centre provides employment support for adults with autism, aspergers and learning disabilities. They offer advice, guidance, work placements, job searching skills and support for employers.

SCAN ME



Building Bonds Project



 www.building-bonds.org

 The Snug, 71 Leadmill Road, Sheffield, S1 4SE

The Building Bonds Project is designed to help families and their children to be close, especially in times of crisis, need or trouble. The project fits and donates slings and carriers to families in health, social or financial difficulties, breaking down the barriers to baby-wearing and making carriers accessible to those who need them most.

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Dementia Cafes

 **0114 250 2850**

 www.ageuk.org.uk

 enquiries@ageuksheffield.org.uk

Age UK Sheffield hosts four dementia cafés across Sheffield. They provide safe and welcoming spaces for people who are experiencing some memory loss or a have a diagnosis of mild to moderate dementia. Call Age UK to find out the venues.

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Step Out Sheffield

 **07505 639 524**

 www.walkingforhealth.org.uk

 steppingoutinsheffield@gmail.com

Step Out Sheffield is a volunteer led organisation which provides accredited short walks of up to one hour. All walks are free, run throughout the year and they are open to all. There are approximately 60 walks that run per week in 29 different locations with the main aim of getting outside, having fun, and socialising.

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SToRMS – The Dan McAllister Foundation

 www.stormsdmc.org

 enquiries@stormsdmc.org

SToRMS deliver sessions in local schools for teachers, pupils or parents, concentrating on these key areas. Through their work they aim to encourage a school-wide approach to supporting the mental wellbeing in every pupil/teacher interaction.

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Directory: Activities and support

All information correct at the time of printing - December 2020

Storying Sheffield

 www.storyingsheffield.com

 b.stone@sheffield.ac.uk

 School of English, Jessop West, 1 Upper Hanover Street, Sheffield, S3 7RA

Storying Sheffield is a project based at the University of Sheffield. It brings diverse people together to learn about and then produce stories and other creative representations of Sheffield people's lives and identities and about life in Sheffield.

SCAN ME



Reach South Sheffield

 **0114 265 7093**

 www.reachsouthsheffield.org.uk

 admin@gvcf.org.uk

 187 Blackstock Road, Gleadless Valley, Sheffield, S14 1FX

Reach work with people to gain qualifications and training, securing employment and living a lifestyle that supports physical and mental wellbeing. Individuals are supported to build confidence and resilience, so that they can make positive changes for themselves, their families and their communities.

SCAN ME



Saffron

 **0114 275 2157 or 07742 533 603**

 www.saffronsheffield.org.uk

 office@saffronsheffield.org.uk

 44 Daniel Hill, Sheffield, S6 3JF

Saffron is a specialist service providing free, confidential counselling and therapy services for women in Sheffield who have experienced abuse and/or trauma.

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Veterans Outreach Service

 **01482 335 479**

 www.humber.nhs.uk

 hnf-tr.veteransoutreachservice@nhs.net

The Veterans Outreach Service is designed to support veterans and their families as they transition into civilian life. The service recognises military veterans may struggle to access traditional NHS services and aims to help with mental health problems.

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Victim Support

 **0300 3030 1976 (South Yorkshire)
0808 1689 111 (24/7)**

 www.humbersouthyorks.victimsupport.org.uk

 humbersouthyorks@victimsupport.org.uk

Emotional and practical help is available to anyone affected by crime, not only those who experience it directly, but also their friends, family and anyone else involved. It doesn't matter when the crime took place – support is available at any time for however long is necessary.

SCAN ME



Trans Active

 **07713 899 577**

 www.trans-active.co.uk

 transactive2014@gmail.com

Trans Active is a local group that aims to help support the trans and non binary community in Sheffield to socialise, improve mental wellbeing and physical fitness through sport and exercise in a safe and relaxed environment. They provide a lot of activities including: climbing, swimming and hockey.

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Directory: Activities and support

All information correct at the time of printing - December 2020

Grow



0114 321 1810

www.grow.org

signup@grow.org

Grow is a youth development charity that works with those aged 16-24, inspiring hope through nature. They offer drop in wellbeing sessions at Holly Hagg Farm and provide a walking mentoring programme called walk and talk.

SCAN ME



Mental Health At Work



www.mentalhealthatwork.org.uk

mentalhealthatwork@mind.org.uk

Mental Health At Work is an online support network that provides a number of different resources to support you and the organisation that you work for. The network is provided by Mind and supported by the Royal Foundation and Heads Together. The site offers an online search which helps you narrow down what you might be looking for relating to work, employment and jobs and mental health as well as a number of toolkits and stories.

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Nightstop South Yorkshire



0114 278 7152

www.nightstop.org.uk

nightstopsy@depaulcharity.org.uk

Cumberland House, 176 Eyre Street, Sheffield, S1 4QZ

Nightstop works with homeless and vulnerable people aged 16-25. They provide a safe bedroom in the homes of trained and vetted volunteer hosts on a night-by-night basis.

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Our Mel

 www.ourmel.org.uk

Our Mel is a leading social enterprise that is rooted in Yorkshire and based in Sheffield. They are dedicated to exploring cultural identity, Black history and what it means to be a person of colour in Britain today.

They run workshops throughout the year. You can find out more information on their website.

SCAN ME



Turn2Us

 **0808 802 2000**

 www.turn2us.org.uk

 info@turn2us.org.uk

 200 Shepherds Bush Road, London, W6 7NL

Turn2Us help people experiencing financial hardship. They provide information and advice about welfare, benefits, charitable grants and financial support services. Their website has a benefits calculator, an A-Z guide to the benefits system, how to challenge a benefits decision, and a grants search tool.

SCAN ME



Snowdrop Project

 **0333 880 5008**

 www.snowdropproject.co.uk

 info@snowdropproject.co.uk

 2nd Floor, Midcity House, 17 Furnival Gate, Sheffield, S1 4QR

The Snowdrop Project provides long-term support to empower survivors of human trafficking. They work closely with clients to ensure their individual needs however complex, are met.

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OCD Action Monthly Support Group

 **07766 950 479**

 www.ocdaction.org.uk

 sheffieldocdgroup@rethink.org

 The Garden Room, Norfolk Lodge, Park Grange Road, Sheffield, S2 3QF

Once per month on a Monday: 7.00pm - 9.00pm

People with OCD, BDD, Hoarding issues can attend. This is a peer led support group supervised by professionals.

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Modern Slavery Helpline

 **0800 012 1700**

 www.modernslaveryhelpline.org

Operated by Unseen UK, the Modern Slavery Helpline and Resource Centre provides victims, the public, statutory agencies and businesses access to information and support around modern slavery on a 24/7 basis. Potential victims are able to speak to fully-trained Helpline Advisors who can help them access relevant services, including Government-funded support through the National Referral Mechanism.

SCAN ME



Westwood Social Exclusion Group

 **0114 286 9457**

 info@westwood2015.org

Westwood is a small local charity based at the Paces Campus, High Green, Ecclesfield in North Sheffield. The group has been set up to help prevent social exclusion and isolation and they offer a number of different activities in the High Green area.



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Life Signs

-  www.lifesigns.org.uk
-  hello@lifesigns.org.uk

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Support is provided to people who self injure or self-harm or have done in the past. The services they offer include a support forum, self-injury support groups and an auto-email help system. They provide lots of information in order to help yourself as well as information and advice about professional services.

Men's Advice Line

-  **0808 801 0327**
-  www.mensadvice.org.uk
-  info@mensadvice.org.uk

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The Men's Advice Line provides information, emotional support and practical advice to male victims of domestic violence and/or abuse from a partner or ex-partner. The service is for any self identifying man, whether heterosexual, gay, or bi. Their team of professionals help victims of domestic violence, as well as concerned friends and family and frontline workers.

Vida Sheffield

-  **0114 275 0101**
-  www.vidasheffield.org.uk
-  admin@vidasheffield.org.uk
-  Knowle House, 4 Norfolk Park Road, Sheffield, S2 3QE

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They deliver specialist domestic and sexual abuse services and training, and engage with partner organisations to work towards an end to domestic abuse and violence against women and girls.



Directory: Activities and support

All information correct at the time of printing - December 2020

Centre for Mindful Life Enhancement



 www.mindfulenhance.org

 info@mindfulenhance.org

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Centre for Mindful Life Enhancement is a not-for-profit social enterprise run by volunteers. Their aim is to introduce people to the principles and practices of mindful life enhancement and mindfulness involving meditation, mindful movement and informal practices.

Shout

 **85258 (24/7 365 days a year)**

 www.giveusashout.org

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Shout provide a UK-wide free 24/7 text service for anyone in crisis anytime, anywhere. The service is available to adults and young people.

You can contact them at anytime if you're struggling to cope, want to talk to someone, or if you feel you're in crisis. Shout is powered by a team of volunteers who aim to try and respond to those who text in as quickly as possible.

OCD-UK

 **03332 127 890**

 www.ocduk.org

 support@ocduk.org

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OCD-UK is a national charity dedicated to improving the mental health and well-being of people in the UK whose lives are affected by Obsessive-Compulsive Disorder. They provide an advice line, information, online forums and host support groups.



Directory: Activities and support

All information correct at the time of printing - December 2020

At A Loss



www.ataloss.org



office@ataloss.org

At A Loss are a UK signposting website for those who are bereaved. They provide bereavement support, resources and specialist support for men and young people.

As well as providing signposting, information and advice At A Loss provide an online GriefChat 9am-9pm Monday-Friday.

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My Cup of Tea / Taking the Biscuit



mcot777@gmail.com



Coffika, 412-416 Ecclesall Road, Sheffield, S11 8PJ

My Cup of Tea meets the first Wednesday of each month 1.00pm - 2.30pm

Taking the Biscuit meets the third Tuesday of each month 1.00pm - 2.30pm

My Cup of Tea is a mixed group and Taking the Biscuit is females only. The groups are for professionals / former professionals of working age who suffer from mental health conditions. The groups provide a space to share experience and other obstacles, either in returning to work or support beyond work.

Bags of Taste Sheffield



www.bagsoftaste.org



sheffield@bagsoftaste.org

Bag of Taste recognises that poor diet and food insecurity in the UK can cause all sorts of complex and multifaceted issues and as a result they run outreach groups, community based courses to teach people how to make £1 meals and ongoing volunteer training and learning.

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Within Reach

 **0114 273 4266**

 www.withinreach.org.uk

 sccphysicalactivityandsupport@sheffield.gov.uk

Within Reach is a local disability charity in Sheffield that enables and empowers those with disabilities to access sport and physical activity across the city.



SCAN ME

Action for M.E.

 **0117 927 9551**

 www.actionforme.org.uk

 questions@actionforme.org.uk

 42 Temple Street, Keynsham, BS31 1EH

Action for M.E. aims to promote better understanding of Myalgic Encephalomyelitis (M.E.) or Chronic Fatigue Syndrome (C.F.S.). Action for M.E. offers a free information and support Service for children, young people and adults with M.E., and their carers and family members. The service is open Mon to Fri 9am to 5pm.



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Rattle and Roll Playspace – Same Sex Parenting Group

 **07412 696 800**

 www.rattleandrollplayspace.com

 91 Vincent Road, Sheffield, S7 1BZ

Fridays 10.00am - 12.00pm

Rattle and Roll Playspace holding a same sex parenting group for children growing up with LGBTQ+ parents. It is a chance for LGBTQ+ parents to meet others like them whilst their children play in an inclusive environment.



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Sane Mental Health Charity

-  www.sane.org.uk
-  info@sane.org.uk

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SANE works to improve the quality of life for people affected by mental illness. They provide emotional support via text and an online forum. Alongside this, they take part in research, campaigning, and advocacy.

Terminus Initiative

-  **0114 237 8540 or 07599 010 452**
-  www.terminusinitiative.org
-  pam@terminusinitiative.org
-  232 Lowedges Road, Sheffield, S8 7JB

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The Terminus Initiative in Lowedges is a community organisation that provides a range of services and activities for the local community. They provide health walks, knit & natter groups, art groups, carers groups, chairobics, community lunches and a gym and swim bus.

Galop

-  **0800 999 5428**
-  www.galop.org.uk
-  help@galop.org.uk

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Galop is a national LGBT+ anti-violence charity offering advice and support to people who have experienced biphobia, homophobia, transphobia, sexual violence or domestic abuse. They also support people who have had problems with the police or have questions about the criminal justice system.



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Listening Ear

 **0151 488 6648**

 www.listening-ear.co.uk

 enquiries@listening-ear.co.uk

 St Nicholas Centre, 70 Church Road, Liverpool, L26 6LB

Listening Ear provide bereavement services for adults and children, including support for anyone affected by suicide.

SCAN ME



Timebuilders

 **07421 745 829**

 www.timebuilders.org.uk

 team@timebuilders.org.uk

 St Mary's Church and Community Centre, Bramall Lane, Sheffield, S2 4QZ

Timebuilders works at the grassroots level with local people to find new ways of strengthening the community. It aims to change the lives of people who experience social disadvantage, loneliness, poverty, unemployment and mental illness

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Gamblers Anonymous

 www.gamblersanonymous.org.uk

 info@gamblersanonymous.org.uk

Self help support groups for people who are compulsive gamblers. GA follows the principles of the 12 step programme.

Their website provides downloadable information, details of local meetings, a telephone support service (various times and numbers – see website for details) online forums and a live chatroom open 24 hours a day.

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Cavendish Cancer Care

 **0114 278 4600**

 www.cavcare.org.uk

 34 Wilkinson Street, Sheffield, S10 2GB

Cavendish Cancer Care is a local charity dedicated to improving the quality of life for people living in South Yorkshire. They provide free emotional support through counselling and complimentary therapies to the patient and family.

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Together Women

 **0114 275 8282**

 www.togetherwomen.org

 sheffield@togetherwomen.org

 106 Arundel Lane, Sheffield, S1 4RF

A safe and welcoming place for women to engage in support and community services. A wide range of practical support is offered which can include: housing, parenting, substance misuse, health, benefits and debt, domestic abuse, education and employment, and confidence building.

SCAN ME



Alcoholics Anonymous

 **0800 9177 650**

 www.alcoholics-anonymous.org.uk

 help@aamail.org

 PO Box 1, 10 Toft Green, York, YO1 7NJ

A 12 step fellowship of people who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from alcoholism.

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Gendered Intelligence

 **0207 832 5848**

 www.genderedintelligence.co.uk

Monday, Tuesday & Thursday 2.00pm - 7.00pm
Wednesdays & Fridays 10.00am - 3.00pm

Projects to support all aspects of trans lives and experience, including a support line for those who are on the waiting list or receiving care at NHS Sheffield Porterbrook Clinic.

SCAN ME



National Debtline

 **0808 808 4000**

 www.nationaldebtline.org

 Tricorn House, 51-53 Hagley Road, Edgbaston, Birmingham, B16 8TP

The National Debtline provides free confidential and independent advice around money management, debt and budgeting.

Their helpline is open from Monday to Friday: 9am – 8pm. A wide range of resources is available from their website, including: fact sheets, budgeting tools, debt options and sample letters.

SCAN ME



Beaumont Society

 **01582 412 220**

 www.beaumontsociety.org.uk

 enquiries@beaumontsociety.org.uk

A national self help organisation run by and for the transgender community. They welcome all transgender people and their partners at any stage or point in their transition journey.

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Campaign Against Living Miserably (CALM)



SCAN ME



0800 58 58 58



www.thecalmzone.net



PO Box 68766, London, SE1P 4JZ

CALM support to anyone in the UK of any age or gender who are down or in crisis via their helpline or their website, raising awareness of male suicide and pushing for changes in policy and practice.

Combat Stress



0800 138 1619



www.combatstress.org.uk



helpline@combatstress.org.uk



Tyrwhitt House, Oaklawn Road, Leatherhead, KT22 0BX

Specialist mental health treatment and support to veterans from every service and every conflict. The charity offers a range of services to help veterans deal with trauma-related mental health problems such as anxiety, depression, anger issues, alcohol and substance misuse and post-traumatic stress disorder (PTSD).

SCAN ME



Men's Health Forum



0207 922 7908



www.menshealthforum.org.uk



49-51 East Road, London, N1 6AH

The Men's Health Forum is a charity working to improve the health of men and boys in England, Wales and Scotland. They have a website with information and resources about a variety of mental and physical health issues.

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Crystal Peaks Bereavement Drop-in

 **07895 063 221**

 Council and Library Building, 1-3 Peak Square, Crystal Peaks, Sheffield, S20 7PH
Every Friday 10.00am -12.00pm

A regular weekly drop-in support group. It is an opportunity to talk to people who have been trained in bereavement listening and can be in a one-to-one situation if needed. You can also meet and socialise with other people in similar situations.

The Mix

 **0808 808 4994**

 www.themix.org.uk

 PO BOX 7777, London, W1A 5PD

The Mix provides free confidential support for young people under 25 via mobile, online and social media. They have lots of accessible and detailed information on a range of issues, from mental health, to sex and relationships, crime and safety, housing and work. They also offer support through online 1-1 chat, their dedicated helpline.



St Anne's Community Services

 **0114 269 2569**

 www.stannes.org.uk

 david.peers@stannes.org.uk

 Bevin Court, 122 Beighton Road, Woodhouse, Sheffield, S13 7PS

St Anne's Community Services are a registered charity providing services for a range of vulnerable people including those with mental health problems, homeless people, and people with drug or alcohol problems.





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Beat

-  **0808 801 0677**
-  www.beateatingdisorders.org.uk
-  help@beateatingdisorders.org.uk

Beat have lots of information and advice on their website about types of eating disorders, recovery, how to support someone and get support for yourself as well campaigning to increase knowledge, awareness and understanding across the UK.

SCAN ME



Sheffield Yoga for ME/CFS

-  **0845 582 0112**
-  www.sheffieldyogaforme.org.uk
-  sheffieldyogaforme@yahoo.co.uk
-  c/o 36 Psalter Lane, Sheffield, S11 8YN

Sheffield Yoga for ME/CFS runs gentle adapted yoga classes for people with Myalgic Encephalomyelitis (ME), Chronic Fatigue Syndrome (CFS), Post Viral Fatigue (over 2 months' duration) and similar conditions such as Post Polio Syndrome (PPS). They are held in 2 venues with different styles offered.

SCAN ME



Depression UK

-  www.depressionuk.org
-  info@depressionuk.org

Depression UK is a national self help organisation that offers support to its several hundred members. Most suffer from depression; others may be past sufferers, or care for those who have the illness.

SCAN ME



About This Book

This book has been produced by the Primary and Community Mental Health Transformation Programme, Sheffield Flourish and Sheffield IAPT with illustrations by Hannah Flynn.

Primary & Community Mental Health Transformation Programme

A partnership between Sheffield Health and Social Care Trust, Primary Care Sheffield, NHS Sheffield CCG and Mind that will provide support to people with serious mental illness near their homes.

Sheffield Flourish

Sheffield Flourish is a mental health charity rooted in our community. We support people to use their skills, ideas and talent to build the lives they want.

Sheffield IAPT

Sheffield Improving Access to Psychological Therapies (IAPT) service is part of Sheffield Health and Social Care NHS Foundation Trust. IAPT offers a range of free psychological therapies to over 12,000 adults each year who work and/or live in Sheffield.

Hannah Flynn

Hannah Flynn is an illustrator and artist based in Sheffield. She specialises in detailed illustrations hidden within abstract patterns. She is available for commissions and workshops www.cargocollective.com/Hannahflynn



SHEFFIELD
MENTAL HEALTH GUIDE

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