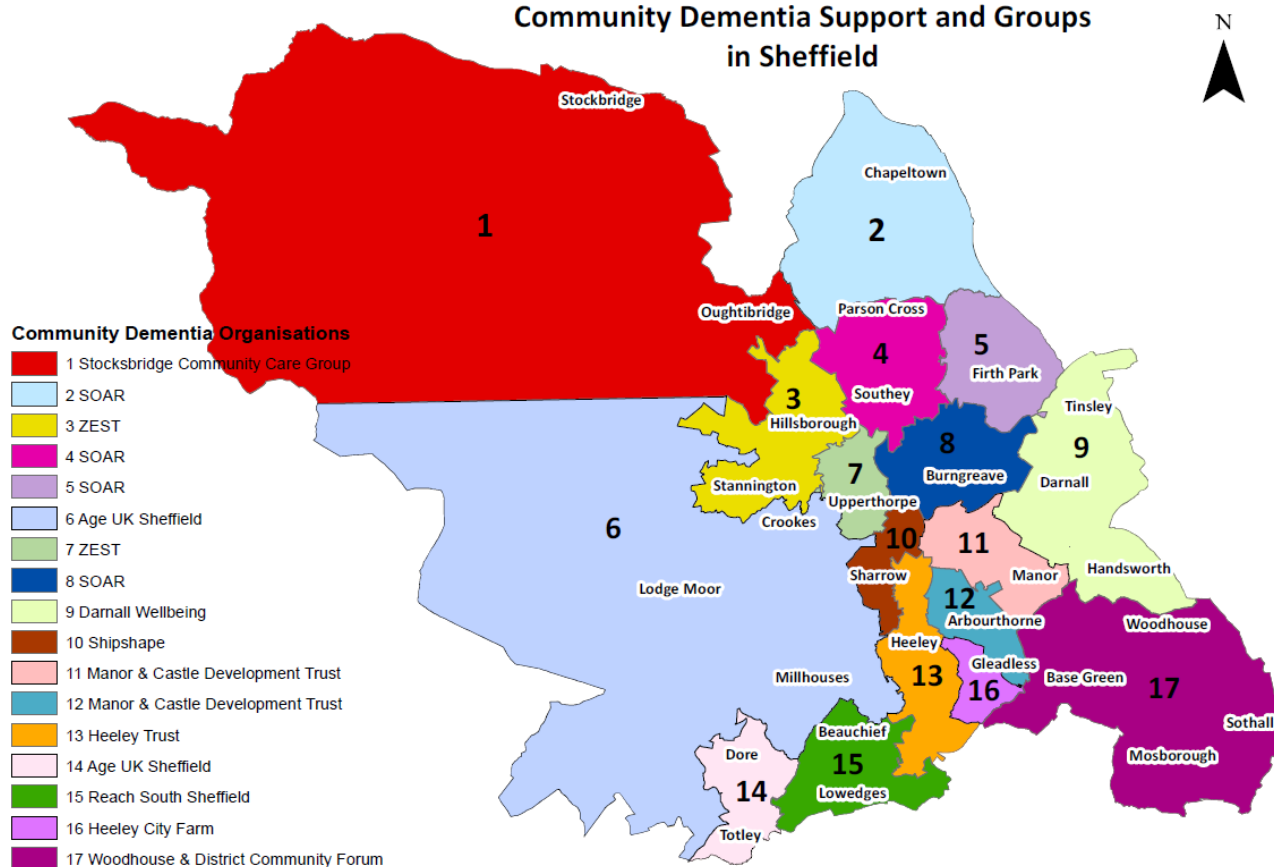


# Dementia support and activities near you in Sheffield

If you are living with (or supporting someone living with) memory loss in Sheffield, there is local support for you:

- help to keep doing what you've always enjoyed doing
- a listening ear
- dementia information
- support from others in a similar situation
- groups and activities

## Community Dementia Support and Groups in Sheffield



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You'll receive a warm welcome from the staff and volunteers at the organisations listed here. They're all Dementia Friends and have attended Dementia Stars training through Enrichment for the Elderly.



For up-to-date details of all groups visit the Dementia Directory:  
[www.alzheimers.org.uk/find-support-near-you](http://www.alzheimers.org.uk/find-support-near-you)

1

Stockbridge, Upper Don, Deepcar, Wharncliffe Side, Oughtibridge, Worrall

## Dementia support and information

- Dave Cooper
- 0114 283 0141
- [sccg.communitydementiaprovision@gmail.com](mailto:sccg.communitydementiaprovision@gmail.com)

Stocksbridge Community  
Care Group



## Memory Time Café & Carers Support Group

- The Venue, Stocksbridge, S36 1DY
- Monthly, 3rd Monday of the month, 1.30pm – 3.30pm
- <http://www.sheffielddirectory.org.uk/kb5/sheffield/directory/service.page?id=j5t76Rs87C8>

## Memory Time Café

- The Venue, Stocksbridge, S36 1DY
- Monthly, 1<sup>st</sup> Thursday of the month, 10am – 12noon
- <http://www.sheffielddirectory.org.uk/kb5/sheffield/directory/service.page?id=j5t76Rs87C8>

## Musical Memories & Musical Memories Community Tour

- The Venue in Stocksbridge
- 3<sup>rd</sup> Friday of the month, 1pm – 3pm
- Also on various dates in local venues across Stocksbridge & Upper Don

2

Chapelton, High Green, Burncross, Grenoside, Ecclesfield

## Dementia support and information

- Rosie Strathearn-Brady
- 0114 213 4075
- [rosie.strathearn@soarcommunity.org.uk](mailto:rosie.strathearn@soarcommunity.org.uk)



## Memory Lanes Bowling Social Group

- Chapelton Methodist Church, 1 Nether Lay Avenue, Chapelton, S35 1AE
- Mondays, 1pm – 3pm
- <https://www.alzheimers.org.uk/support-services/SOAR%2BCommunity/Dementia%2BFriendly%2BBowling%2BGroup>

## Social Café, Wednesday Friends, Thursday Club, Dementia-Friendly North Sheffield Steering Groups and other dementia-friendly activities

- [What is happening in Chapelgreen](#)
- Contact Rosie at SOAR for more details on 0114 213 4075

## 3 Hillsborough, Middlewood, Wadsley, Loxley, Stannington

### Dementia support and information

- Sarah Longfield
- 07572 643207 or 0114 2702040 ext 232
- [sarah.longfield@zestcommunity.co.uk](mailto:sarah.longfield@zestcommunity.co.uk)



### Sporting Memories (with Hillsborough Library)

- Hillsborough Library, Middlewood Road, S6 4HD
- Weekly, Fridays, 10.30am – 12noon
- <https://www.zestcommunity.co.uk/events/sporting-memories-cafe/>

### Hillsborough Dementia Café (with Age UK Sheffield)

- Hillsborough Arena, Middlewood Road, S6 4HA
- 2<sup>nd</sup> Wednesday of the month, 10am – 12noon (no café in August)
- <https://www.ageuk.org.uk/sheffield/our-services/dementia-cafes/>
- Contact Elspeth on 0114 250 2850 or [elspeth.mallowan@ageuksheffield.org.uk](mailto:elspeth.mallowan@ageuksheffield.org.uk)

### Winn Gardens Thursday drop-in/coffee morning

- Middlewood Pavilion, 109 Winn Grove, S6 1UN (access via Park from Middlewood Rd)
- Weekly, Thursdays, 9.30am – 10.30am
- <https://www.zestcommunity.co.uk/events/health-checks-winn-gardens/> Contact Sarah at ZEST

## 4 Southey, Owlerton, Parson Cross, Fox Hill, Longley, Colley

### Dementia support and information

- Rosie Strathearn-Brady
- 0114 213 4075
- [rosie.strathearn@soarcommunity.org.uk](mailto:rosie.strathearn@soarcommunity.org.uk)



### 'Forget Me Not' Memory Café (with activities)

- Parson Cross Forum, St Thomas More Community Centre, 56 Margetson Crescent, S5 9NB
- Tuesdays (term time only), 9.30am – 11.30am
- [http://www.pxforum.org/?page\\_id=228](http://www.pxforum.org/?page_id=228) (plus other dementia groups on other days)
- Contact Louise on 0114 3279727 or [louisec@pxforum.org](mailto:louisec@pxforum.org)

### Dementia-friendly groups and Dementia-Friendly North Sheffield Steering Group

- Contact Rosie at SOAR for more details on 0114 213 4075

## 5 Firth Park, Shiregreen, Flower, Wincobank, Brightside

### Dementia support and information

- Rosie Strathearn-Brady
- 0114 213 4075
- [rosie.strathearn@soarcommunity.org.uk](mailto:rosie.strathearn@soarcommunity.org.uk)



### Wincobank Dementia Café and Singalong (with dancing)

- Wincobank Village Hall, Newman Road, near St Thomas' Church, S9 1LQ
- Monthly on Thursdays, 2pm – 4pm (contact for dates)
- <https://www.alzheimers.org.uk/support-services/SOAR%2BCommunity/Dementia%2BCafe%2Band%2BSingalong>
- Contact [wincobankvillagehall@gmail.com](mailto:wincobankvillagehall@gmail.com) or Rosie at SOAR on 0114 213 4075

### Dementia-friendly groups and Dementia-Friendly North Sheffield Steering Group

- Contact Rosie at SOAR for more details on 0114 213 4075

## 6 South & West: Crookes, Crosspool, Broomhill, Lodgemoor, Fulwood, Ranmoor, Endcliffe, Greystones, Nether Edge, Bents Green, Ecclesall, Brincliffe, Millhouses, Whirlow, Abbeydale

### Dementia support and information

- Elspeth Mallowan
- 0114 250 2850
- [elspeth.mallowan@ageuksheffield.org.uk](mailto:elspeth.mallowan@ageuksheffield.org.uk)



### Porter Valley Memory Café

- Bents Green Methodist Church, Ringinglow Road, S11 7PU
- Fortnightly, 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month, 2-4pm
- <https://www.ageuk.org.uk/sheffield/our-services/dementia-cafes/>
- Contact Elspeth at Age UK Sheffield on 0114 250 2850

### Laurels & Limes Coffee Morning (possibly including a Potting Shed project)

- Laurels & Limes Care Home, 115 Manchester Road, Broomhill, S10 5DN
- Mondays, 10am – 12noon
- Contact Elspeth at Age UK Sheffield as above on 0114 250 2850

## 7 Netherthorpe and Upperthorpe

### Dementia support and information

- Jenny Hare
- 0114 2702040 ext 210
- [health@zestcommunity.co.uk](mailto:health@zestcommunity.co.uk)



### Exercise class for people living with dementia

- The Studio, ZEST, 18 Upperthorpe, S6 3NA
- Weekly, Thursdays, 1.15pm – 2.15pm, from Jan 2020
- <https://www.zestcommunity.co.uk/events/dementia-exercise-class/> Contact Jenny as above

### Social Dining Group

- ZEST Library, 18 Upperthorpe, S6 3NA
- Weekly, Fridays, 12noon – 2pm
- <https://www.zestcommunity.co.uk/events/over-50s-social-dining/> Contact Jenny as above

### ZEST Carers Support Group

- ZEST Library, 18 Upperthorpe, S6 3NA
- Fortnightly on Thursdays, 1.30pm – 3pm
- <https://www.zestcommunity.co.uk/events/carers-support-group/> Contact Jenny

## 8 Burngreave, Fir Vale, Firshill, Abbeyfield

### Dementia support and information

- Rosie Strathearn-Brady
- 0114 213 4075
- [rosie.strathearn@soarcommunity.org.uk](mailto:rosie.strathearn@soarcommunity.org.uk)



### 'Dementia? Welcome!' Café

- The Furnival, 199 Verdon Street, Burngreave, S3 9QQ
- Weekly on Wednesdays, 11am – 1pm
- <https://soarcommunity.us3.list-manage.com/track/click?u=8bf1dd71cb839577bfa5bc8a4&id=94032968e0&e=4e01c2c4a3>
- Contact Nick on 07725 569380 or [dementiawelcomecafe@gmail.com](mailto:dementiawelcomecafe@gmail.com)

### Dementia-friendly groups and Dementia-Friendly North Sheffield Steering Group

- Contact Rosie at SOAR for more details on 0114 213 4075

## Dementia support and information

- Jo-Anne Van Levesley
- 07495 548929 or 0114 249 6315
- [jo@darnallwellbeing.org.uk](mailto:jo@darnallwellbeing.org.uk)



## Dementia Café with activities (with Handsworth Old Rectory)

- Handsworth Old Rectory Community Centre, 402b Handsworth Road, S13 9BZ
- Fortnightly, Thursdays, 1.30pm – 3pm
- Contact Jo-Anne on 07495 548929 or Sarah at [community@orh.org.uk](mailto:community@orh.org.uk)

## Chairobics (Darnall)

- Darnall Primary Care Centre, 290 Main Road, Darnall, S9 4QH
- Wednesdays (term time), 9.45am – 10.45am
- Contact Jo-Anne on 07495 548929 or [jo@darnallwellbeing.org.uk](mailto:jo@darnallwellbeing.org.uk)

## Chairobics (Tinsley)

- Tinsley Community Centre, 1a Ingfield Avenue, Tinsley, S9 1WZ
- Thursdays (term time), 10am – 11am
- Contact Jo-Anne on 07495 548929 or [jo@darnallwellbeing.org.uk](mailto:jo@darnallwellbeing.org.uk)

## 'On Our Plot' allotment project

- Darnall Allotment
  - Various dates and times
  - Contact Jo-Anne on 07495 548929 or [jo@darnallwellbeing.org.uk](mailto:jo@darnallwellbeing.org.uk)
-

## Dementia support and information

- Nur Ali
- 0114 250 0222
- [n.ali@shipshape.org.uk](mailto:n.ali@shipshape.org.uk)



## Dementia Information Hub (Sharrow)

- ShipShape Health & Wellbeing Centre, The Stables, Sharrow, S11 8AE
- 2<sup>nd</sup> Wednesday of the month, 11am – 1pm
- Contact Nur on 0114 250 0222 or [n.ali@shipshape.org.uk](mailto:n.ali@shipshape.org.uk)

## Dementia Information Hub (City Centre)

- Moor Market, The Moor, Sheffield City Centre, S1 4PF
- Last Tuesday of the month, 10am – 12noon
- Contact Nur on 0114 250 0222 or [n.ali@shipshape.org.uk](mailto:n.ali@shipshape.org.uk)

## Moor Market Dementia Café and Exercise Session

- Moor Market, The Moor, Sheffield City Centre, S1 4PF
- Last Tuesday of the month, 11am – 1pm
- <https://www.shipshape.org.uk/dementia-programmes>
- Contact Nur on 0114 250 0222 or [n.ali@shipshape.org.uk](mailto:n.ali@shipshape.org.uk)

## Central Dementia Café

- United Reformed Church, 60 Norfolk Street, S1 2JB
- Last Friday of the month, 10am – 12noon (no café in August)
- <https://www.shipshape.org.uk/dementia-programmes>
- Contact Nur on 0114 250 0222 or [n.ali@shipshape.org.uk](mailto:n.ali@shipshape.org.uk)

## ‘Recharge your Batteries’ Pamper Session for women with dementia and their female carers

- ShipShape Health & Wellbeing Centre, The Stables, Sharrow, S11 8AE
- First Thursday of the month, 11am – 1pm
- <https://www.shipshape.org.uk/carers-support>
- Contact Nur on 0114 250 0222 or [n.ali@shipshape.org.uk](mailto:n.ali@shipshape.org.uk)

## Dementia Community Social Café for men

- ShipShape Health & Wellbeing Centre, The Stables, Sharrow, S11 8AE
- Last Thursday of the month, 11am – 1pm
- <https://www.shipshape.org.uk/dementia-programmes>
- Contact Nur on 0114 250 0222 or [n.ali@shipshape.org.uk](mailto:n.ali@shipshape.org.uk)

## Dementia support and information

- Nigel Lamb
- 07918 054 103 or 0114 265 5145
- [dementia@manorandcastle.org.uk](mailto:dementia@manorandcastle.org.uk)



## Victoria Centre Memory Café (with games and activities)

- Victoria Centre, Stafford Road, S2 2SE
- Weekly on Thursdays, 1pm – 3pm
- <http://www.sheffielddirectory.org.uk/kb5/sheffield/directory/service.page?id=g-x3zGO6hs>
- Contact Helen on 0114 2739850 or [v.c.e.admin@gmail.com](mailto:v.c.e.admin@gmail.com)

## 'Forget-Me-Nots' Singing Group

- Victoria Methodist Church, Stafford Road, S2 2SE
- Weekly on Tuesdays, 5pm – 7pm
- <http://www.sheffielddirectory.org.uk/kb5/sheffield/directory/service.page?id=R0O4bc58Nec>
- Contact Diane on 0114 252 1072 or [dianecairns@manorandcastle.org.uk](mailto:dianecairns@manorandcastle.org.uk)

## Over 50s Afternoon Tea & Café

- Park Centre, Samson Street, S2 5QT
  - Mondays, 12noon – 2pm
  - <http://www.sheffielddirectory.org.uk/kb5/sheffield/directory/service.page?id=W83Nnm0wleE>
  - Contact 0114 273 9611 or [parkcommunityaction@gmail.com](mailto:parkcommunityaction@gmail.com)
-



## Dementia support and information

- Nigel Lamb
- 07918 054 103 or 0114 265 5145
- [dementia@manorandcastle.org.uk](mailto:dementia@manorandcastle.org.uk)



## Spires Café Dementia Group (with snacks, games and activities)

- The Spires Centre, 600 East Bank Road, S2 2AN
- Weekly on Tuesdays 12noon – 2pm
- [http://www.sheffielddirectory.org.uk/kb5/sheffield/directory/service.page?id=Grou00eK9\\_I](http://www.sheffielddirectory.org.uk/kb5/sheffield/directory/service.page?id=Grou00eK9_I)
- Contact Andru on 0114 241 6786 or [info@welovearbourthorne.co.uk](mailto:info@welovearbourthorne.co.uk)

## 'Forget-Me-Nots' Singing Group

- Victoria Centre, Stafford Road, S2 2SE
- Weekly on Tuesdays, 5pm – 7pm
- <http://www.sheffielddirectory.org.uk/kb5/sheffield/directory/service.page?id=R004bc58Nec>
- Contact Diane on 0114 252 1072 or [dianecairns@manorandcastle.org.uk](mailto:dianecairns@manorandcastle.org.uk)

## Arbourthorne Strength & Stamina Chairbics

- The Arbourthorne Centre, 33a Edenhall Road, S2 2LD
  - Weekly on Mondays, 10am – 12noon
  - <http://www.sheffielddirectory.org.uk/kb5/sheffield/directory/service.page?id=4rJP8s2MZB0>
  - Contact Nigel on 0114 265 5145 or [dementia@manorandcastle.org.uk](mailto:dementia@manorandcastle.org.uk)
-

## 13 Sheaf: Heeley, Meersbrook, Woodseats, Norton

### Dementia support and information

- Sharna Lal
- 0114 3991070
- [sharna.l@heeleydevtrust.com](mailto:sharna.l@heeleydevtrust.com)



### Specialist BAME (Black, Asian, Minority Ethnic) Dementia Service

- Details to be confirmed
- <http://sheffieldonline.net/heeley-trust-dementia-services/>
- Contact Sharna on 0114 3991070 or [sharna.l@heeleydevtrust.com](mailto:sharna.l@heeleydevtrust.com)

### Meersbrook Dementia Café

- Meersbrook United Reformed Church, 173 Chesterfield Road, S8 ORP
- 1<sup>st</sup> Thursday of the month, 10am – 12noon (January 2020 date different, no café in August)
- <http://sheffieldonline.net/heeley-trust-dementia-services/>
- Contact Sharna on 0114 3991070 or [sharna.l@heeleydevtrust.com](mailto:sharna.l@heeleydevtrust.com)

### ‘Venture Walking Friends’ dementia and reminiscence Health Walks

- Various routes Sheffield-wide (meeting at Millennium Galleries in Sheffield city centre then using public transport to travel to the start of the walk)
  - Fortnightly (Tuesdays and Fridays), meeting at 10.30am
  - <http://sheffieldonline.net/heeley-trust-dementia-services/>
  - Contact Sharna on 0114 3991070 or [sharna.l@heeleydevtrust.com](mailto:sharna.l@heeleydevtrust.com)
  - Contact the walk leaders: Martin on 07933 710490 or Jean on 07530 040543
-

## Dementia support and information

- Elspeth Mallowan
- 0114 250 2850
- [elspeth.mallowan@ageuksheffield.org.uk](mailto:elspeth.mallowan@ageuksheffield.org.uk)



## Rosemary Memory Café (Dore) with Carers Support Group

- Dore Methodist Church Hall, 3 Savage Lane, Dore, S17 3GW
- Fortnightly, 1st & 3rd Tuesday of the month, 2pm – 4pm
- <https://www.ageuk.org.uk/sheffield/our-services/dementia-cafes/>
- Contact Elspeth on 0114 250 2850 or [elspeth.mallowan@ageuksheffield.org.uk](mailto:elspeth.mallowan@ageuksheffield.org.uk)

## Rosemary Memory Café (Totley) with Carers Support Group

- All Saints Totley Church Hall, Totley Hall Lane, Totley, S17 4AA
- Fortnightly, 2nd & 4th Tuesday of the month, 2pm – 4pm
- <https://www.ageuk.org.uk/sheffield/our-services/dementia-cafes/>
- Contact Elspeth on 0114 250 2850 or [elspeth.mallowan@ageuksheffield.org.uk](mailto:elspeth.mallowan@ageuksheffield.org.uk)

## Sporting Chatter, Body Conditioning and other dementia-friendly activities

- Various dates and venues in Dore and Totley
- <https://www.ageuk.org.uk/sheffield/activities-and-events/pkw/>
- Contact Joanna on 0114 2502850 or [joanna.glaves@ageuksheffield.org.uk](mailto:joanna.glaves@ageuksheffield.org.uk)

## Dementia support and information

- Rachel Gozzard
- 0114 2398946
- [dfcc@gvcf.org.uk](mailto:dfcc@gvcf.org.uk)



## Greenhill Dementia Café

- Greenhill Methodist Church, School Lane, S8 7RL
- 2<sup>nd</sup> Tuesday of the month, 2pm - 4pm (possibly moving to morning in 2020)
- <http://reachsouthsheffield.org.uk/health-and-wellbeing/dementia>
- Contact Rachel on 0114 2398946 or [dfcc@gvcf.org.uk](mailto:dfcc@gvcf.org.uk)

## Dementia Carers Support Group

- St Chad's Church, 9 Linden Ave, Woodseats, S8 0GA
- 4<sup>th</sup> Monday of the month, 11am – 12.30pm
- <http://reachsouthsheffield.org.uk/health-and-wellbeing/dementia>
- Contact Rachel on 0114 2398946 or [dfcc@gvcf.org.uk](mailto:dfcc@gvcf.org.uk)

## Dementia support and information

- Lee Pearse
- 0114 258 0482
- [lee@heeleyfarm.org.uk](mailto:lee@heeleyfarm.org.uk)



## Fronto-Temporal Dementia (FTD) specialist support group

- Heeley City Farm, Richards Road, S2 3DT
- 2<sup>nd</sup> Tuesday of the month, 6.30pm – 8.30pm
- <https://www.heeleyfarm.org.uk/dementia-department/4594632072>
- Contact Lee on 0114 258 0482 or [lee@heeleyfarm.org.uk](mailto:lee@heeleyfarm.org.uk)

## Newfield Green Dementia Café (with Reach South Sheffield)

- Newfield Green Library, 577 Gleadless Road, S2 2BT
- Last Wednesday of the month, 10am – 12noon
- <http://reachsouthsheffield.org.uk/health-and-wellbeing/dementia/>
- Contact Sadia on 0114 2398946 or [sadia.asghar@gvcf.org.uk](mailto:sadia.asghar@gvcf.org.uk)

## 'A Helpful Space' (dementia advice, support and guidance drop-in)

- Heeley City Farm, Valerie Dementia Garden and indoor space, Richards Road, S2 3DT
- Twice a month on a Thursday, 9.30am – 11am
- <https://www.heeleyfarm.org.uk/dementia-department/4594632072>
- Contact Lee on 0114 258 0482 or [lee@heeleyfarm.org.uk](mailto:lee@heeleyfarm.org.uk)

## Dementia-Friendly Farm Afternoons

(work in the garden, work with the animals, crafts, woodwork etc)

- Heeley City Farm, Richards Road, S2 3DT
- Monthly on a Wednesday, 1.30pm – 3pm
- <https://www.heeleyfarm.org.uk/dementia-department/4594632072>
- Contact Lee on 0114 258 0482 or [lee@heeleyfarm.org.uk](mailto:lee@heeleyfarm.org.uk)

## 'Your Farm Time' (for carers and former carers)

- Heeley City Farm, Richards Road, S2 3DT
- Monthly on a Tuesday, 1.30pm – 3.30pm
- <https://www.heeleyfarm.org.uk/dementia-department/4594632072>
- Contact Lee on 0114 258 0482 or [lee@heeleyfarm.org.uk](mailto:lee@heeleyfarm.org.uk)

## Dementia support and information

- Kath Horner (Woodhouse & District Community Forum South East Sheffield Dementia Advice Service)
- 07494 036594 or 0114 2690222
- [dementiasupport@mywoodhouse.co.uk](mailto:dementiasupport@mywoodhouse.co.uk)
- <https://mywoodhouse.co.uk/PDFs/South-east-sheffield-advice-service.pdf>



## Woodhouse Dementia Café (with peer support for carers and activities)

- Salvation Army, Tannery Street, Woodhouse, S13 7JW
- 3<sup>rd</sup> Monday of the month, 10am – 12noon
- <https://mywoodhouse.co.uk/PDFs/DEMENTIA-CAFE-Woodhouse-Basegreen.pdf>
- Contact Nicola on 0114 2690222 or [nicola@mywoodhouse.co.uk](mailto:nicola@mywoodhouse.co.uk)

## Base Green Dementia Café (with peer support for carers and activities)

- The Centre Spot Pub, 56 Jaunty Lane, S12 3DN
- Fortnightly on Wednesdays, 1pm – 3pm
- <https://mywoodhouse.co.uk/PDFs/DEMENTIA-CAFE-Woodhouse-Basegreen.pdf>
- Contact Lesley on 0114 2690222 or [lesley@mywoodhouse.co.uk](mailto:lesley@mywoodhouse.co.uk)

## Beighton Dementia Café (with peer support for carers and activities)

- Beighton Miners' Welfare, 52a High Street, S20 1ED
- 3<sup>rd</sup> Thursday of the month, 10am – 12noon (no café in August)
- <https://mywoodhouse.co.uk/PDFs/BeightonCafeBeighton.pdf>
- Contact Nicola on 0114 2690222 or [nicola@mywoodhouse.co.uk](mailto:nicola@mywoodhouse.co.uk)

## 'Love Sport' Sporting Memories Group

- Woodhouse Library, 3 Skelton Lane, S13 7LY
- Weekly on Thursdays, 10am – 11.30am
- <https://mywoodhouse.co.uk/PDFs/LOVE-SPORT-2019.pdf>
- Contact Nicola on 0114 2690222 or [nicola@mywoodhouse.co.uk](mailto:nicola@mywoodhouse.co.uk)

## Well Man's Group

- Woodhouse Library, 3 Skelton Lane, S13 7LY
- Fortnightly on Fridays, 3pm – 4.30pm
- Contact Nicola on 0114 2690222 or [nicola@mywoodhouse.co.uk](mailto:nicola@mywoodhouse.co.uk)

## Chair Exercise, Community Garden Project, Dance for Older People and other dementia-friendly activities

- Various venues across south east Sheffield
- Contact Nicola on 0114 2690222 or [nicola@mywoodhouse.co.uk](mailto:nicola@mywoodhouse.co.uk)

## Other sources of dementia support

[www.sheffielddirectory.org.uk/dementia](http://www.sheffielddirectory.org.uk/dementia)

### Sheffield Memory Service

- Clinical helpline 0114 271 8585
- Weekdays, 8.30am – 11.45am and 1pm – 4.45pm



### Sheffield Carers Centre

- Sheffield Carer Advice Line, 0114 272 8362, weekdays 9am- 6pm
- <https://sheffieldcarers.org.uk/>
- Drop-in advice sessions, Carers Assessments, Carer Discount Card, Legal Advice Service



### Alzheimer's Society

- National Dementia Helpline, 0300 222 11 22, including evenings and weekends
- <https://www.alzheimers.org.uk/>
- Free publications and factsheets, Talking Point (online community), Dementia Directory



### Community Support Workers

- Central Referral Hub, 0114 205 7120
- <http://www.sheffield.gov.uk/csw>
- Non-medical support and advice, support to check benefits entitlements



### YoungDementia UK

- <https://www.youngdementiauk.org/our-services-sheffield>



### Dementia UK Admiral Nurses

- National Dementia Helpline, 0800 888 6678
- Including evenings up to 9pm and weekends
- <https://www.dementiauk.org/get-support/admiral-nursing/>



### Age UK Sheffield

- Information and advice telephone service, 0114 250 2850
- Weekdays 9am – 4.30pm
- <https://www.ageuk.org.uk/sheffield/our-services/info-advice/>
- Bookable and drop-in appointments, Independent Living Co-ordinators



*Information contained in this document is correct at 20/11/19 but is subject to change.  
Please use the contact details to check before attending any group.*