

# What's happening for people with dementia in North East Sheffield from October 2024



## Forget Me Not Café

(Also do Singing for the Soul and Sequence Dancing)  
Mondays, Tuesdays & Fridays - 9.30-11:30am  
Parson Cross Development Forum, S5 9NB  
Call Louise - **0114 327 9727**

## Memory Café (English/Urdu/Punjabi)

(Also do fitness classes)  
Wednesdays 12pm-2pm  
Firvale Community Hub, S4 8GU  
Call Adele - **07897324285**



**DEMENTIA?  
WELCOME!**



## Dementia? Welcome! Café

Mondays fortnightly 11am-1pm  
199 Verdon St, Sheffield S3 9QQ  
Call Nick - **07725569380**

## Memory Lanes Bowling Group

(Also have a board game group)  
Monday 1:00pm - 3:00pm  
Chapelton Methodist Church, 1Nether Ley Ave, S35 1AE  
Call Chapelton Methodist Church- **0114 240 3514**



## Growing Memories Garden

Mondays 10am-12pm (from June)  
High Green Development Trust, Pack Horse Ln, High Green, S35 3HY  
Contact John - **johnhousley5@gmail.com**

PEOPLE KEEPING WELL  
**PKW**  
IN THEIR COMMUNITY



# What's happening for people with dementia in North East Sheffield October 2024?



**Dementia friendship cafe – Last Thursday every month- Foxhill Forum, Wolfe Road, S61BT- Call Lyndsey 07538100375**

## High Green Dementia Group

Wednesdays Monthly 1pm-3pm

High Green Development Trust, Pack Horse Ln, High Green, S35 3HY

Call Lyndsey-07538100375



## Sing Along Group

Some Mondays 2pm

Roman Ridge, 2 Lavender Way, S5 6DD

Call Julie – **0114 2800 540**

## Dementia Café & Singalong (Live Singer)

Also do coffee mornings and tea & cake afternoons

Thursdays Monthly 2pm – 4pm

Wincobank Village Hall, Newman Road, S9 1LQ

Call Anne - **07799 404525**

## 1-2-1 Phone Calls

Call or email Lyndsey or more information **07538100375 /**

**Lyndsey.crossland@soarcommunity.org.uk**



## Dementia Friendly North Sheffield

We're looking for people with dementia and their carers to share their opinions and have a voice within our community.

Contact Rosie for more info or sign up to our mailing list:

<https://mailchi.mp/7b4ec74a175f/dementia-friendly-north-east-sheffield>

# Other Dementia Friendly Activities

## Grimesthorpe Social Group

Wednesdays 10am -12pm

Grimesthorpe Family Centre, Holywell Rd, Sheffield S4 8AR

Call June - **07580 962443**

## Shiregreen Memory Cafe

Thursdays Fortnightly 2pm – 4pm

Shiregreen Neighbourhood Centre, Westnall Rd, S5 0AA

Call Eric - **0114 245 9200**



## SOAR's Social Cafes

Mondays Chapeltown, Wednesdays Shiregreen, Fridays  
Parson Cross

Call Helen - **07795563700**

**Wednesday Friends** come for a cuppa and a chat,  
and make new friends too

Wednesdays 10am St John's Church, 21 Housley Park, S35 2UE

0114 257 7444 - [office@stjohnschap.co.uk](mailto:office@stjohnschap.co.uk)



## Friendship Lunches with Live Entertainment

Friendship lunches happen in different pubs across Sheffield at different times. There is usually a cost associated.

Oak House, 10 Station Road, Chapeltown, S35 2XH - 0114 2455536

Red Lion, 93-95 Penistone Road, Grenoside, S25 8QH - 0114 4383115

Call Kathy - **07729528844** – [kathymarkwick@gmail.com](mailto:kathymarkwick@gmail.com)

There are lots of other groups and activities across the city (including an LGBT+ Dementia Group, a Young Onset Hub (0114 250 2850), and events at the theatre)  
For more information:

- Contact Age UK's Dementia Advice Service (**0114 250 2875 / [dementiaadvice@ageuksheffield.org.uk](mailto:dementiaadvice@ageuksheffield.org.uk)**)
- Look on [www.sheffielddirectory.org.uk](http://www.sheffielddirectory.org.uk)
- Look on [www.ageuk.org.uk/sheffield/our-services/dementia-services](http://www.ageuk.org.uk/sheffield/our-services/dementia-services)

# For Carers



## Carers Group (Online)

Thursdays fortnightly  
Parson Cross Development Forum, S5 9NB  
Call Louise on **0114 327 9727**

## Carers Support Group

For carers of African, Caribbean and ethnic backgrounds  
SACMHA, SADACCA, S3 8JB  
Call Corrine on **0114 272 6393**

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## Firth Park Carers Group

Tuesdays 2pm monthly – includes activities for the people you care for  
Firth Park  
Call Lyndsey on **07538100375**

## Carers Group

3<sup>rd</sup> Monday of the Month 1:30 - 3.00 pm  
Springwood Day Centre, 611 Herries Rd, Sheffield S5 8TN  
Call Kathryn on **07947622426**



## 12 Week Carers Groups

Parson Cross Forum, SACMHA, SOAR and Enrichment for the Elderly  
are running a set of 12 week carers sessions  
SACHMA – Fridays 11am-12pm – from 8<sup>th</sup> September  
Call Rosie on **07538100375**



For information on other groups please contact Lyndsey – 07538100375  
Lyndsey.crossland@soarcommunity.org.uk



## Sheffield Carers Centre

Services for unpaid adult carers in the city, including a hotline, a Carers Card with lots of benefits. They also run carers groups (including an LGBT+ carers group).  
[www.sheffieldcarers.org.uk](http://www.sheffieldcarers.org.uk) - **0114 272 8362**

## Online Information and Support

TIDE - A network for carers and former carers of people living with dementia - [www.tide.uk.net/](http://www.tide.uk.net/)  
Dementia Carers Count - A virtual carers centre supporting family carers - [www.dementiacarers.org.uk](http://www.dementiacarers.org.uk)



# I have dementia, what might help me?

Book in a dementia review or medication review with the doctor, or contact the memory service

Arrange an adult social care assessment – they will look at what caring needs you have and will include a financial assessment - 0114 273 4908

Look at what information there is for people with dementia and their carers, including social groups

- [www.sheffielddirectory.org.uk](http://www.sheffielddirectory.org.uk)
- [www.ageuk.org.uk/sheffield/our-services/dementia-services](http://www.ageuk.org.uk/sheffield/our-services/dementia-services)
- <https://www.alzheimers.org.uk/>

Check that you're receiving all the financial support you're entitled to

- Apply for Attendance Allowance - 0800 731 0122 - [www.gov.uk/attendance-allowance/](http://www.gov.uk/attendance-allowance/) (contact Citizens Advice Sheffield or Age UK's Dementia Specialist Advice Service for help before ordering the form)
- Apply for a council tax discount - <https://www.sheffield.gov.uk/home/council-tax/council-tax-discounts-exemptions> - you will need to be in receipt of attendance allowance

Apply for support with **travelling**:

- Blue badge for your car - 0114 273 4567 - [www.sheffield.gov.uk/home/parking/apply-for-blue-badge](http://www.sheffield.gov.uk/home/parking/apply-for-blue-badge)
- Order passes from Travel South Yorkshire
  - Senior Pass's and Disabled Person's concessionary passes for cheaper/free public transport
  - Senior and Disabled Person's railcards for 1/3 off train travel (costs £20-£30)
- Passenger Assist – you can arrange assistance from rail staff in advance of your trip - 0800 0223720 – you can also do this online or on the Passenger Assistance App

Let people you might need a bit more understanding when you're out and about with a:

- **Sunflower Lanyard** – you can pick these up from most supermarkets or order online
- **Help Card** – a card for your wallet that has your contact details on and says you've got dementia - you can order from the Alzheimer's Society
- **Journey Card** – to show on public transport – you can order from Travel South Yorkshire

Fill in a **Hebert Protocol** form – this is a sheet that the Police can use if someone goes missing--

[www.southyorks.police.uk/contact-us/tell-us-about/herbert-protocol/herbert-protocol/](http://www.southyorks.police.uk/contact-us/tell-us-about/herbert-protocol/herbert-protocol/)

- Contact the council if you need any **specialist equipment or adaptations** - 0114 2734709
- Contact **Citywide Care Alarms** if an alarm system would be helpful - [0114 242 0351](tel:01142420351)

Register yourself on the **vulnerability list** with your utility providers (gas, electric, water, and northern powergrid)

You might want to plan ahead and consider putting in place power of attorney and a will, and other advanced care planning options

If you're a carer:

- Contact the carers centre for a carers card or carers assessment– putting things in place so that you're supported to be the best carer you can be - 0114 272 8362
- Check that you're registered as a carer on both of your GP accounts

For help with any of this please call Lyndsey (07538 100 375 / 0114 213 4065)



# Other Useful Links & Services

**Sheffield Community Transport** provide traditional community transport services, to help you get to groups and other places you want to go.

[www.sheffieldct.co.uk](http://www.sheffieldct.co.uk) - 0114 276 6148

Contact your **Local Library** for

- Specialist resources, books and activities for people living with dementia and their carers
- Information about groups they host, such as Sporting Memories

**Alzheimer's Society** provides information on activities in the area, resources, campaigning and dementia friends sessions

[www.alzheimers.org.uk/find-support-near-you](http://www.alzheimers.org.uk/find-support-near-you)

**DEEP** is a website created by people with dementia and has lots of different resources. They also have an LGBT+ group called 'Speak Out'.

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

**Next Steps** provides information about what the diagnosis process might look like for you

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

**Dementia Together** has fun resources and activities to play around with

[www.dementiatogether.online](http://www.dementiatogether.online)

**Dementia Tip Share** is a 'treasure chest of tips' created by people with dementia

[www.dementiatip-share.org.uk](http://www.dementiatip-share.org.uk)

**Dementia Adventure** provides some free skills sessions and some free groups for unpaid carers

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

**Dementia and Me Podcast** can be found on the BBC and shares the experiences of people living with dementia

**When the Fog Lifts** is an insightful blog about living with dementia in Sheffield

[www.whenthefoglifts.blog](http://www.whenthefoglifts.blog)

**Young Dementia Network** is for younger people with dementia

[www.youngdementianetwork.org/](http://www.youngdementianetwork.org/)

## Age UK

- The Dementia Directory - [www.ageuk.org.uk/sheffield/our-services/dementia-services/](http://www.ageuk.org.uk/sheffield/our-services/dementia-services/)
- Choosing a Home Checklist - [www.ageuk.org.uk/globalassets/age-uk/documents/information-guides/ageukil5\\_care\\_home\\_checklist\\_inf.pdf](http://www.ageuk.org.uk/globalassets/age-uk/documents/information-guides/ageukil5_care_home_checklist_inf.pdf)
- Activity resources - [www.ageuk.org.uk/sheffield/our-services/dementia-advice-sheffield/corona-virus-resources/resources-for-activities/](http://www.ageuk.org.uk/sheffield/our-services/dementia-advice-sheffield/corona-virus-resources/resources-for-activities/)

If you're interested in one of these services but want some help contacting them, please call Lyndsey (07538 100 375 / 0114 213 4065)