

What's happening for people with dementia in North East Sheffield from February 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 Saima - **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, 1 Nether Ley Ave, S35 1AE
Call Jill - **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 from February 2024?



Dementia Resource Library – Foxhill Forum

In-volve Community Hub, 31-33 Wolfe Road, Foxhill, S6 1BT
Call 0114 231 5522

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



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

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**)
- Look on www.sheffielddirectory.org.uk
- Look on 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

3rd 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 8th September
Call Rosie on **07538100375**



For information on other groups please contact Rosie – 07538100375
rosie.strathearn@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 - **0114 272 8362**

Online Information and Support

TIDE - A network for carers and former carers of people living with dementia - www.tide.uk.net/
Dementia Carers Count - A virtual carers centre supporting family carers - 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
- 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/ (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
- 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/

- 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 Rosie (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 - 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

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

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

www.nextsteps.org.uk

Dementia Together has fun resources and activities to play around with

www.dementiatogether.online

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

www.dementiatip-share.org.uk

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

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

Young Dementia Network is for younger people with dementia

www.youngdementianetwork.org/

Age UK

- The Dementia Directory - 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
- Activity resources - 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 Rosie (07538 100 375 / 0114 213 4065)