

What's happening for people living with dementia in North East Sheffield 2026

ChapelGreen Dementia Carer Support Group

Second Thursday of the Month 1.30pm-3.30pm

Chapelton Methodist Church, 1 Nether Ley Avenue, S35 1AE

Call Clover - **07443999261**



Unforgettable Me Memory Café (Mondays & Fridays) **Forget Me Not Café** (Tuesdays) 9.30am – 11.30am

Parson Cross Development Forum, S5 9NB

Call Louise - **0114 327 9727** – Louise@pxforum.org
Louise@pxforum.org

**DEMENTIA?
WELCOME!**



CAFE

Dementia? Welcome! Café

Mondays, please contact Nick for dates and times
199 Verdon St, Sheffield S3 9QQ

Call Nick – **07725569380**-
dementiawelcomecafe@gmail.com

Memory Lanes Bowling Group

Monday 1:00pm - 3:00pm

Chapelton Methodist Church, 1 Nether Ley Ave, S35 1AE

Call Chapelton Methodist Church- **0114 240 3514**



Growing Memories Garden

Mondays 10am-12pm

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

Contact John - johnhousley5@gmail.com



Tea 'n' Toast

Wednesdays 10am -12pm

Grimesthorpe Family Centre, Holywell Rd, Sheffield S4 8AR

Call June - **07580 962443**



Alone Together

Support group for carers who's loved one is in long term care or who have been bereaved

First Tuesday of Each Month 1-3pm

Chapelton Methodist Church, 1 Nether Ley Avenue, S351AE

Call Debs -**07510282933**

SOAR's Social Cafes

Meet new people, build confidence, learn new skills and join in with activities.

Wednesdays 9.30am – 12.30pm Shiregreen Community Centre, Sicey Avenue, S5 0RN

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

Memory Café

Wednesdays 12 – 2pm

Firvale Community Hub, S4 8GU

Call Adele - **0789732485**



Music Groups

JABADAO Dementia Project

Using music and props to engage participants.

Mondays 11.30am – 12.30pm

Parson Cross Development Forum, S5 9NB

Call Louise - **0114 327 9727** – Louise@pxforum.org

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Dementia Café & Singalong (Live Singer)

Also do coffee mornings and tea & cake afternoons

Thursdays Monthly 2pm – 4pm, 5th February, 5th March etc.

Wincobank Village Hall, Newman Road, S9 1LQ

Call Anne - **07799 404525**



Friendship Lunches with Live Entertainment

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

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



Dementia Carers Group

Mondays – Monthly (call for dates) 9.30am-10.30am

Parson Cross Development Forum, S5 9NB

Call Louise - **0114 327 9727** – Louise@pxforum.org

Louise@pxforum.org

Firth Park Dementia Carers Support Group

3rd Tuesday of the month 2-4pm Firth Park, First Start
Family Hub, S56QQ

Call Debs - **07510282933**



Sheffield Carers Centre

Services for unpaid adult carers in the city, including an advice line, a Carers Card with lots of benefits, a legal advice clinic, carer connect support services and carer support groups.

www.sheffieldcarers.org.uk – Carer Advice Line

0114 272 8362

Office- **0114 278 8942**

Grenoside Monday Activity Group

For anyone to attend, meet new people, enjoy games and laughter.
Every Monday 1pm- 2.30pm

Voluntary donation of £2.50 includes refreshments

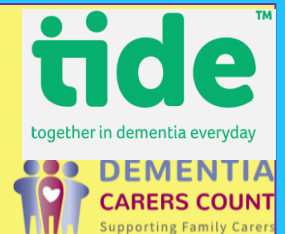
St Marks Church Hall, Main Street, S35 8PR

Contact Julie- **07920091363** – grenosideactivitygroup@gmail.com

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 - 0114 273 4567 - www.sheffield.gov.uk/home/parking/apply-for-blue-badge
- Senior pass for concessions on public transport www.travelsouthyorkshire.com/en-gb/ticketsandpasses/senior-pass
- Disabled Persons pass for free public transport www.travelsouthyorkshire.com/en-gb/ticketsandpasses/disabled-pass
(Can collect form from customer service desk at Sheffield Interchange)
- Senior railcard (£35) for 1/3 off train travel for a year
- Disabled Person's railcard (£20) for 1/3 off train travel for a year www.disabledpersons-railcard.co.uk
- 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](http://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

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

Dementia UK Provides information and support including a dementia helpline, virtual clinics, and face to face appointments with an Admiral Nurse.

Admiral Nurse helpline- **0800 888 6678**

<https://www.dementiauk.org/>

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.

www.dementivoices.org.uk

Next Steps Here you can find information about what to expect at your memory assessment and organisations who can help.

www.nextsteps.org.uk

Dementia Together They listen to the advice of people living with dementia to design education and enrichment programs.

www.dementiatogether.org

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

www.dementiatip-share.org.uk

Dementia Adventure Provide subsidised supported holidays and days out for people living with dementia and their 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/