

LOCAL STUFF

Sheffield | MIND

We believe that good mental health is fundamental to living a healthy and fulfilling life and to having positive relationships with those around us. We recognise the close link between physical and mental health and offer a range of services and support to enable people to lead healthy and fulfilling lives. We also believe that everyone can do a lot to improve their mental health and we promote self help and empowerment as a route to prevention and recovery. By providing support tailored to each individual's need we can help people overcome their difficulties, become more emotionally resilient and more able to cope positively in the future.

<https://www.sheffieldmind.co.uk>

Sheffield MIND Magpies | Hoarding Support Group

The Magpies hoarding project was launched earlier in the year in partnership with South Yorkshire Fire and Rescue.

The demand for the service has been significant and as a result, we are planning to offer a Support Group for those affected by hoarding behaviour.

Places are limited so you will need to book:

Jon/Natalie: 0114 258 4489 ext164 | magpie@sheffieldmind.co.uk

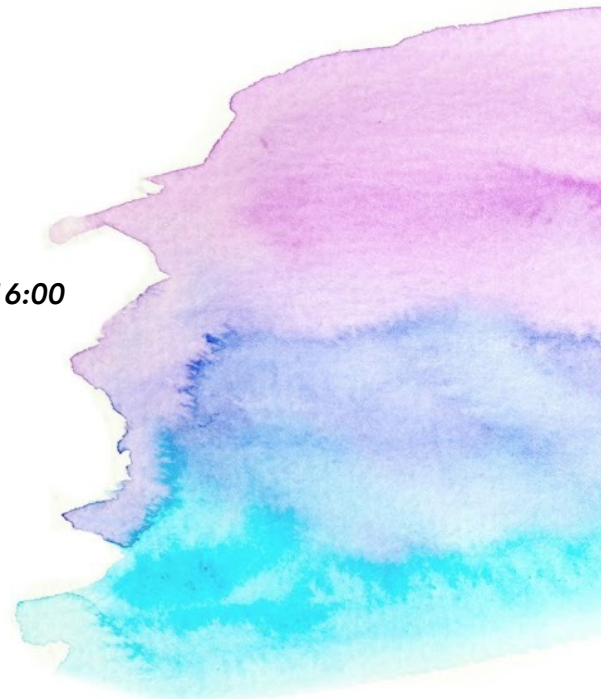
Springboard Recovery Cafe

The springboard recovery cafe will be at its new location @ St Andrews United Reformed Church, from 02/10/18

Springboard sessions will be taking place **every Tues: 13:00 - 16:00**

We look forward to seeing you there!

Upper Hanover Street, Sheffield, S3 7RQ



Work Well Stay Well | Sheffield MIND

Designed to provide support for people over 50 who are struggling to maintain employment due to mental health issues.

We work with both Employees and Employers to try and address issues that are affecting workplace wellbeing and try and get people back into regular and productive employment.

For further details and to make a referral/book an appointment with the team:
info@sheffieldmind.co.uk

Age UK Wellbeing Centre | Dementia

If your loved one is living with memory loss and dementia, and would benefit from a high quality day service with singing, dancing, arts, laughter, and husky dogs, our Wellbeing Centre is for you.

@ Centre in the Park, Norfolk Park | places available Mon - Fri | 10:00 - 15:30

We believe that memory loss shouldn't be a barrier to fun, friendship and stimulation for the mind. We're passionate about creating a safe, loving and welcoming environment for our members.

We sing. We dance. We play. We make things. And above all else, we laugh... like drains. The Wellbeing Centre is like nowhere else. After all, we designed it as a place that we'd want to go to. Whether it's Mexican week, or the visits by therapy pony Leo, painting, or an archery competition, we always make fun happen.

The Wellbeing Centre is also a paid-for service, at £48 per day plus lunch. You must see it to believe it – contact us now to arrange a free introductory visit and benefits check.

(0114) 250 2850 | enquiries@ageuksheffield.org.uk

Interchange & Door 43 [Sheffield Futures]

An emotional well-being service for children and young people under 25. We provide a range of interventions aimed at supporting their emotional well-being and mental health: counselling | art therapy | therapeutic group work | resilience building | mental health awareness raising workshops.

We're deeply committed to young people's involvement & provide participation opportunities for young people. Our service user group, **the Mental Health Ambassadors**, help to steer our organisation.

The Council have commissioned us to provide a limited amount of counselling via the new YIACS (Youth Information, Advice, Counselling and Support Service) based at Star House. It is called Door 43 and young people from 13 to 25 can self-refer themselves to the service and if counselling is identified as the most appropriate way forward, they will be supported to access this - www.sheffieldfutures.org.uk/i-need-help/door43

Door43

Worried about your emotional or mental health?

You might not realise it, but emotional and mental health issues are quite common and you're not on your own – we're here to support you. Sometimes you just need space to think, and that's cool, we all do. You can do that at Door43.

At Door43, lots of different people work together to make sure that we always have someone to hand who can help – including youth workers, counsellors, substance misuse workers, sexual health workers, careers advisors, volunteers, peers supporters and more!

www.interchange.org.uk | <https://www.sheffieldfutures.org.uk>

Door43 Wellbeing Cafe

Tuesdays 17:00 - 19:00 @ Sheffield Futures, Star House, 43 Division St, S1 4GE

Are you a young person aged between 13 and 25? Come and join us for games, arts and crafts, film nights and much more!

...or if that's not your thing, simply drop in for a chat over a brew and biscuits.

door43@sheffieldfutures.org.uk | 0114 201 2774

LGBT Sheffield

LGBT Sheffield is a volunteer-led charity attempting to give Sheffield a unique, centralised and shared LGBT identity, bringing together the various groups, communities and services within the city under one 'umbrella'.

Say It | Young People

Transforming the lives of young people | Emotional wellbeing support in Sheffield

SAYiT works with young people and professionals to make real lives better. We provide practical support around LGBT+ life, sexual health, HIV and mental wellbeing, while our training helps organisations improve knowledge and address discrimination.

We run several groups that support, educate and inspire group members by delivering outstanding services that are focused on, and designed in collaboration with our group members. They can help with real day-to-day issues and give you the chance to meet other LGBT+ young people in a safe environment. We also offer one-to-ones.

SAYiT Fruitbowl – Younger

Group for people who are LGBT+ or questioning and are aged 12, 13, 14 or 15.

Thursdays 16:00 - 18:00

SAYiT Fruitbowl – Older

Group for people who are LGBT+ or questioning and are aged 16 or 17.

Thursdays 17:30 - 19:30

Both sessions offer a drop-in one-to-one meeting with a member of the team before the group begins and each week there is the opportunity for the group members of older and younger Fruitbowl to meet each other with the team leaders which can ease the transition as the young people approach 16 years old.

Young people refer themselves to the project or are referred by teachers, youth workers, family members, social workers, the police, GPs and other professionals.

SAYiT 18-25s

We're hoping to set up a group or programme for 18-25 year olds soon.

Until then, we are having a monthly social and support space.

info@sayit.org.uk for details.

<http://www.lgbtsheffield.co.uk> | <https://sayit.org.uk/groups> | 0114 241 2728

Scotia Works, Leadmill Road, Sheffield, S1 4SE | info@sayit.org.uk

Wellbeing Cafe | Sheffield Students' Union

Welcome! A space in which community takes priority, and which you can shape at any point in time—to any extent.

We want this to be the opposite of your everyday experience; a rejection of the increasingly individualized and competitive nature of our society and student experience. What you'll find is a communal space in your Students' Union with a pay-as-you-feel meal, and a proactive focus on your wellbeing.

It attempts to tackle a number of problems which face students: mental ill-health among students is demonstrably on the rise, and social isolation is an ever-present feature of student life.

On top of all that, climate change is manifesting itself now and accelerating into the future and food poverty is a growing cause for concern. The food served will have otherwise been wasted, collected and cooked for you by students in collaboration with Foodhall and served on a pay-as-you-feel basis. This means if you can't afford to pay for your meal you don't have to—but if you can **you could cover the cost of someone else's meal if you want to**.

We see food waste, isolation and mental ill-health as intimately linked, with increasingly individualised forms of eating meaning that sharing of leftovers and sharing of daily experiences are both neglected. Having a meal in a communal space with the meal provided in communal fashion is a way of proactively aiming to foster a sense of belonging among users of the space.

If you don't want to eat then that's OK too—this can still be a space for you. There'll be **arts and crafts, mindfulness drawings and other activities** to do on your own or engage with others over.

The other exciting thing is that it is **an environmental protest** at a food system which is premised on mass amounts of waste. One of the least talked about effects of climate change will be a global food shortage. The production of food creates huge amounts of CO2 and to waste in the face of this is incredibly problematic. We protest this by taking users of the space out of this waste-based food system meal by meal.

The food served will be **vegan/vegetarian/halal/gluten/kosher friendly**- as inclusive as possible—and there'll be a number of dishes to choose from.

Open Monday evenings during term-times:

<https://en-gb.facebook.com/wbcafesheffieldsu>

To join a working group: <https://en-gb.facebook.com/groups/305232543167980>

SRASAC

Sheffield Rape and Sexual Abuse Centre is a specialist sexual violence service providing support to all survivors of rape and sexual abuse in Sheffield.

Confidential Helpline Support

We offer confidential helpline support as well as counselling and advice on giving support to others who have been raped or sexually abused. We also offer practical help and emotional support from our Independent Sexual Violence Advisor (ISVA).

0808 802 0013

Mon: 13:00 - 15:00 | Tues: 18:00 - 20:00 | Weds: 10:00 - 12:00 & 13:00 - 15:00 | Thurs: 10:00 - 12:00 | Fri: 10:00 - 12:00 & 13:00 - 15:00

If you're not quite ready to talk

Our resources section has useful information for survivors of rape and sexual abuse.

SRASAC Singing Group

For anyone currently accessing/has recently accessed our counselling service

Led by Gill Greenwood (Natural Voice Movement: <https://naturalvoice.net> - a group of people who work with voice and song and believe singing is everyone's birth right, regardless of musical experience or ability.

Aims for the singing sessions:

Be fun and enjoyable - no previous singing experience necessary | Singing to experience joy and connection with others | Accommodate mixed levels of experience - there is no pressure to 'get it right' | Avoid technical language and musical jargon | Teach traditionally - by ear | Use physical and vocal fun warm ups to help help voice health and confidence

Mondays 17:30 - 18:30 @ SRASAC (Scotia Works) from 1st October 2018

There will be no performances; just the sheer joy of singing together.

<https://www.sheffieldrapecrisis.org.uk> | office: 0114 2412766 | info@srasac.org.uk

Sheffield Adult Autism and Neurodevelopmental Service SAANS

SAANS provides assessment, diagnosis and multi-disciplinary interventions for people with an Autistic Spectrum Disorder (ASD) (including disorders formerly known as Aspergers Syndrome) and associated neurodevelopmental disorders including Attention Deficit Hyperactivity Disorder (ADHD). SAANS also provides a national assessment and diagnostic service as well as follow-up appointments and counselling subject to agreed funding by the service user's local Clinical Commissioning Group.

How to refer:

We accept referrals from both primary care and secondary care teams - online form. Self referrals are not accepted.

<https://shsc.nhs.uk/service/sheffield-adult-autism-and-neurodevelopmental-service>

Sharon Brooks (Team Manager): (0114) 2716964

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

Code Clubs Sheffield | Ages 9-13

At Code Club, we think all children should have the opportunity to learn to code, no matter who they are or where they come from.

This is why we support a nationwide network of volunteers and educators who run free coding clubs where young people aged 9-13 build and share their ideas, learning along the way.

We currently have more than 10000 clubs in over 100 countries, and our club projects have been translated into 28 languages.

Our projects are easy to follow, step-by-step guides which help young people learn Scratch, HTML & CSS, and Python by making games, animations, and websites. The projects gradually introduce coding concepts to allow young people to build their knowledge incrementally, which also means there's no need for the adult running the session to be a computing expert.

We also support active clubs with a range of extra resources, including certificates and posters, as well as offering competitions and prize draws for them.

To find a club near you, visit: ***<https://www.codeclub.org.uk>***

Sheffield Carers Centre

We are here to help any adult who is an unpaid carer. A carer is someone who provides support – practical and/or emotional – to an adult or child with an illness, disability, frailty, mental health problems or substance misuse issues.

Sheffield Carers Centre offers advice, information and support.

Carer Card

The Sheffield Carer Card has been developed to reward and recognise all the hard work you do as a Carer. The Card offers discounts on a range of activities, products and services. It is the result of the generosity of local and national businesses who want to find a way to support carers and is part of our attempt to mobilise the city to work together to recognise the work carers do, help carers to connect with the services we offer and support a city-wide effort to make Sheffield much more carer-friendly.

Drop-in Advice Session | Weds 14 November 2018: 10:00 - 12:00 @ Sheffield Carers Centre

Short sessions of up to 20 minutes are available for carers to access advice and information related to their caring role from one of our Carer Advisors. ***The drop-in session is available at the Carers Centre 10:00 - 12:00 each Wednesday morning.*** If further support is required beyond the 20 minutes, this will be arranged with you at the time, but follow-up will normally be by phone. No booking is necessary – just turn up at the Carers Centre on the day.

Carers Support Group, Gleadless Valley | Thurs 15 November 2018: 10:30 - 12:30 @ Newfield Green Library

This group meeting provides an opportunity to meet with other carers and volunteers to chat, drink tea and eat cake. It's a great social event and a friendly and accessible place. You are welcome to bring along the person you care for to this event. It is recommended for carers in the south of Sheffield, particularly Heeley, Gleadless Valley, Arbourthorne, Woodseats, Gleadless and Meersbrook.

Mental Health Hub | Thurs 15 November 2018: 10:30 - 12:00 @ Sheffield Carers Centre

We run a group every month for carers who look after friends of family who have mental health problems. Come to the Centre for support, friendship and advice, as well as plenty of cake.

Council and Carers Choir | Mon 19 November 2018: 12:00 - 13:00 @ Moorfoot Building

The sessions are fun, there are no auditions, everyone is welcome, and you come when you can so there is no feeling of letting anyone down if something unexpected crops up. So if you 'don't like Mondays', why not give the Council and Carers Choir a try – it could become your favourite day of the week!

If you're interested, but not keen on going on your own, Jan from the Carers Centre would be happy to meet you beforehand in the foyer at Moorfoot.

<https://sheffieldcarers.org.uk/whats-on> | 0114 278 8942 | expertpanel@sheffieldcarers.org.uk
Carers Advice Line: **0114 272 8362 | 09:00 - 18:00 weekdays**

To refer: If you are a carer, please use the 'Register with us' page.

Sheffield Women's Counselling & Therapy Service

We are a specialist service providing free, confidential counselling and therapy services for women in Sheffield who have experienced abuse or trauma

Our services are for women and girls in Sheffield aged 16 and over. At our discreet and welcoming centres we offer a safe, quiet, comfortable space to work with a counsellor or therapist to explore the impact that abuse and trauma has had on your life. We know it can be hard to find help and that you may have worries about coming for counselling. We particularly encourage women to use our service who, for whatever reason, have found it difficult to access other services. Our one-to-one service.

<https://www.swcts.org.uk>

ACT Sheffield (Aspiring Communities Together)

Specialising in delivering services to Black and Minority Ethnic (BME) communities. We deliver services that aim to tackle persistent social and economic disadvantages and educational underachievement to the BME community across Sheffield with a particular focus on deprived neighbourhoods of Fir Vale and Burngreave.

Healthy Living Centre: gym, classes, cafe lounge and alternative therapies

Adult education classes: a range of ESOL and basic skills courses

Work with young people: work with BME young people who have become disengaged from school, repeatedly excluded, and have become involved in anti-social behaviour in the North East area of Sheffield. They offer educational and pastoral activities designed to boost a young person's self esteem and skills, and their work can include families.

Older person project: supporting access to services, resources and facilities needed to maintain independence and quality of life.

Arabic language school | Fir Vale Preschool

<http://www.actsheffield.com> | reception@actsheffield.com | 0114 243 4340

ADHD Peer Support

This group is for anyone who has ADHD or might relate to the following symptoms or behaviours which are impacting on their life:

Inattention: difficulty concentrating for very long or finishing tasks, disorganised, easily distracted, forgetful, unable to listen when people are talking.

Hyperactivity: fidgety, unable to sit still, talking excessively, always on the go, feeling of inner restlessness.

Impulsivity: acting quickly without thinking about the consequences, interrupting other people, difficulty waiting turn.

The group meets on the **2nd Wednesday of the month @ 18:00 - 19:30**

You can just turn up but they prefer you to get in touch first.

Venue: Sheffield NHS Walk-in Centre, 75 Broad Lane, Sheffield, S1 3PB
adhdpeerssheffield@gmail.com

Autism Centre for Supported Employment

Provides employment support for adults with autism, aspergers and learning disabilities and has a client centred approach. They are a small charity with a small team of staff whose aim is to see each client progress and develop in their own time.

The service offers:

Specialised skilled employment support | Advice and guidance on all areas of employment | One to one support on work experience placements | Tailored & individualised support within paid work | Job searching, interview skills / preparation | Support with CV building and application forms | Indefinite on-going support for both the client & employer | Advice & guidance for appropriate support in other areas of life aside from employment | Presentations & workshops for employers, professionals and associates with regards to autism and employment

<https://ac4se.org>

ADIRA

ADIRA provides a mental wellbeing support group for black women which meets on the **last Saturday of every month**. Meetings are held at **The Sanctuary on Chapel Walk @ 12:00 - 15:00**.

The support group is for black women with/without mental health issues or who are supporting someone with mental health issues.

The group meet once a month on the last Saturday of every month to do nothing more than to get together and talk, listen, share stories, encourage and support each other in a confidential non-judgemental environment.

They do not offer counselling or any other kind of service.

The Sanctuary, 37-39 Chapel Walk, Sheffield, S1 2PD
annemyrie@gmail.com | 07761 925938 (Ursula Myrie)

Crisis House | Sheffield

Sheffield Crisis House has six beds and provides short-term accommodation for people over the age of 16 who are experiencing a mental health crisis.

The service is for people who cannot be supported at home, but who do not require hospital admission. Staff provide 24 hour emotional and practical support to assist people to resolve their crisis. The service is available for a maximum of seven nights.

Referrals are accepted from Community Mental Health Teams, Liaison Psychiatry and other secondary mental health services.

The service is operated by Rethink Mental Illness and contracted by Sheffield NHS Health & Social Care.

Crisis House, 29 Thornsett Rd, Sheffield, S7 1NB
0114 258 2593 | shsc.nhs.uk/service/crisis-house

Tai Chi for over 45s | Beginners Classes

Beginners Tai Chi classes for those aged over 45 in a friendly and relaxed environment.

Tai Chi is a slow physical exercise ideal for improving relaxation, balance and overall health. A great session for beginners. Improve your strength and balance and become more confident about everyday movement. You don't need any specific clothing just bring something you're comfortable in and suitable footwear.

All Activity Sheffield sessions are run by fully qualified and enhanced CRB checked staff. Try your first session for free. There are two daytime classes and one in the evening.

Fulwood Tai Chi:

Every Mon 13:15 - 14:15 @ Fulwood Scout Hut, 551 Fulwood Road | £2 per session - try your first session for free!

Totley Tai Chi:

Every Mon 11:30 - 12:30 @ Dore & Totley United Reform Church, Totley Brook Road | £2 per session - try your first session for free!

City Centre Tai Chi:

Every Thurs 17:50 - 18:30 @ Victoria Hall Methodist Church, Chapel Walk | £3 per session - try your first session for free!

visit sheffield.gov.uk/activitiesforadults | 273 4266

Walking Football

Our Walking Football Programme offers men & women a chance to continue playing the game they love as well as encouraging a healthy and active lifestyle. The game is small sided, with no running on or off the ball, very little contact and kick-ins instead of throw-ins. With less stress on the body and no real sudden change of direction or cutting movements the game allows participants to play without apprehension.

Walking Football has become increasingly popular and is designed to help people keep an active lifestyle, as well as to support getting people back into football who have stopped due to age or injury.

community@swfc.co.uk for more info

CAST | Creative Arts Support Team

Creative Arts Support Team (CAST) is a group of mental health service users, volunteers and workers who use arts for mental health and wellbeing.

The Art for Wellbeing group is a friendly and welcoming art group that runs every week on a Monday. You can work on your own project in the class and materials are provided.

Please note: events may not be running on bank holidays and over the Christmas period. Please double check with the organiser (before attending) if you are unsure.

***Every Mon 14:00 - 16:00 | £1 | cast@sheffieldflourish.co.uk | sheffieldflourish.co.uk/cast
0114 273 7009 | St Mary's Church Community Centre, Bramall Lane, Sheffield, S2 4QZ***

Space to Grow

Space to Grow is a weekly mental health friendly event. It is a safe space where people can relax and explore creative writing, art and music. Visitors are also invited to stay and share a lunchtime soup.

Their Facebook page is here www.facebook.com/pxiprojects/

Contact Nick Waterfield for further information.

Please note: events may not be running on bank holidays and over the Christmas period. Please double check with the organiser (before attending) if you are unsure.

Every Weds 10:00 - 13:00 @ Cross at Yew Lane, Yew Lane, Sheffield, S5 9AS

***pxi.enquiries@gmail.com | <https://pxiprojects.wordpress.com/space-to-grow>
0114 281 5799***

Sheffield IAPT | Mindfulness for Health

What is it?

Mindfulness for Health is a free 8 week course which has been developed to help people living with the effects of physical health conditions.

This course teaches simple mindfulness meditation practices which you can build into daily life, to help you to manage and live with your health condition and reduce problems such as stress, anxiety, low mood and pain. The course is taught in a small group by NHS Professionals who are trained and experienced mindfulness teachers.

Who is it suitable for?

The course is suitable for people with a physical health condition, including those with pain, fatigue or reduced mobility. To benefit fully, it is important that you are able to attend the 8 sessions and complete the home practice tasks.

<http://iaptsheffield.shsc.nhs.uk/mindfulness-for-health>

Sheffield Autistic Society | Monthly Support Group

Sheffield Autistic Society is a local charity for people with autism (including Asperger/Aspergers Syndrome), their families and carers. The Society is inclusive and aims to support any individual, of any age, who may be on the Autistic Spectrum. They provide support and information, and campaign for Sheffield people with autism and Asperger syndrome.

Everyone is welcome.

The Monthly Support Group usually meets on the **3rd Weds each month**, apart from August and December (check website for variations) @ **12:30 - 14:30: Sheffield Carers Centre, Concept House, 5 Young St, Sheffield S1 4LA.**

Sheffield & Barnsley Hearing Voices Groups

The groups are open to anyone who experiences Paranoia or Hearing Voices, the group is facilitated by people who have personal experience of paranoia and hearing voices. The group is self referral so you do not have to be in mental health services to attend. If you are interested but find the prospect of attending quiet daunting you can meet with one of the facilitators prior to attending.

Sheffield Hearing Voices Group

Mondays, 10.30 - 11.30am

Limbrick Centre, Limbrick Road, Sheffield S6 2PE

Barnsley Hearing Voices Group

First Monday of the Month, 5.30 - 7.30pm

Moorland Court, 33 Gawber Road, Barnsley, S75 2AH

Contact: Lisa & Shani | Tel: 01226 434 197

City Knights Open Minds FC

City Knights Open Minds FC run weekly football sessions that are mental health friendly. The sessions are 'turn up and play' and run **every Thursday evening 18.45 - 20.15pm for FREE.** The group welcomes everyone and anyone can attend. For more information please contact the organisers.

robert.lawson@sheffieldmind.co.uk

The Barnsley Men's Shed

My aim in running the SHED project is to create an environment which gives local older men a space that gives them back their own working space and the self-respect which comes from the sense of being part of an active community.

The Barnsley Men's Shed is proud to inform that the Shedders have now established the SHEDDERS COMMUNITY GROUP to make the original pilot project a more stable presence in the Barnsley community for older men to come and spend some time doing woodwork and finding new friends.

<http://www.thebarnsleymensshed.org>

The SHE SHED Association

Come & be a Barnsley Shredder!

Your invitation to join a larger and communal version of the typical shed in a garden - a place where women feel at home and pursue practical interests in company, with a high degree of autonomy. Includes **Art & Crafts for Healing | Women Woodworking | Painting & Pottery**

<http://www.sheshed.org.uk>

Connecting with Nature Offers New Approach to Mental Health

A report published in February 2016 shows that taking part in nature-based activities helps people who are suffering from mental ill-health and can contribute to a reduction in levels of anxiety, stress and depression.

The report, 'A review of nature-based interventions for mental health care' [also called Ecotherapy or Nature Therapy] suggests making greater use of green care to help people suffering from mental ill-health. The new review was commissioned by Natural England from the University of Essex and Mind, the UK's leading mental health charity.

Green Time: Nature Therapy for ADHD Children & Adults

'Children with ADHD who play regularly in green play settings have milder symptoms than children who play in built outdoor and indoor settings. This is true for all income groups and for both boys and girls. Interestingly, for hyperactive children, the apparent advantage of green spaces is true only for relatively open green settings.

Conclusions: These and previous findings collectively suggest that it is time for randomised clinical trials testing the impacts of regular exposure to greenspace as a treatment for ADHD.'

From 2011 study 'Could Exposure to Everyday Green Spaces Help Treat ADHD? Evidence from Children's Play Settings'

[<http://onlinelibrary.wiley.com/doi/10.1111/j.1758-0854.2011.01052.x/full>]

Ecotherapy

The name given to a wide range of treatment programmes which aim to improve your mental and physical wellbeing through doing outdoor activities in nature. Connecting with nature in this way can have lots of positive health benefits.

www.mind.org

Greenfingers | Therapeutic Gardening Group for Higher Support Needs

Greenfingers is a horticultural therapy project based on Grimesthorpe allotments in Burngreave, Sheffield. We're a creative gardening group designed for individuals experiencing mental health difficulties. The project aims for a friendly and accessible, local group which promotes positive mental health and welcomes people of all ages, races and cultures. Members can come and grow vegetables, fruits and flowers, take part in craft activities, take some time out to relax and help cook lunch using the produce grown on the allotment.

Adults can be referred by a health or social services professional such as a GP, Community Psychiatric Nurse, Counsellor or Social Worker. We're also able to take self referrals - please get in touch for more info.

Please note that this activity costs £40 per session. It is anticipated that this is paid through Self-Directed Support but self-funders can also attend. SAGE Greenfingers runs other Therapeutic Gardening Groups free of charge.

Please note: events may not be running on bank holidays and over the Christmas period. Please double check with the organiser (before attending) if you are unsure.

Every Weds 11:00 - 14:00 | £40

***Grimesthorpe Allotments, Grimesthorpe Road, Sheffield, S4 8LE | 0114 273 7718
enquiries@sagesheffield.org.uk | <https://www.sagesheffield.org.uk/services/greenfingers>***

Oasis Gardening

Grow your own vegetables, learn and share skills, meet new people and spend time amongst nature in lovely surroundings at Sheffield Flourish's own garden. Read how one volunteer found Oasis Gardening helped her to recover from clinical depression: ***<https://sheffieldflourish.co.uk/stories/the-simple-therapeutic-power-of-nature>***

<https://sheffieldflourish.co.uk/gardening-for-recovery-at-oasis>

Walking for Purpose | Westfield

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, which we know has proven significant health benefits.

The project provides a weekly programme of walks, workshops and experiences that are co-designed with the local Voluntary Community Sector in each local community. The programmes run in 10 week blocks with the walks followed by workshops ranging in content from building confidence and self-belief to working closely with employment providers, making the most of their skills and knowledge to ensure an effective and enjoyable project.

Please note: events may not be running on bank holidays and over the Christmas period. Please double check with the organiser (before attending) if you are unsure.

Every Tues 12:30 - 14:30 | FREE | 0114 273 4266
walking4purpose@sheffield.gov.uk | www.sheffield.gov.uk/home/public-health/walking-for-purpose

Sheffield Health Walks

Health Walks differ from speed-walking and rambles. Firstly, walkers are encouraged to go at a speed they are comfortable with, whatever their ability. Secondly, there are time and distance limits. No walk is more than 3 miles in distance and we rarely walk for more than an hour. Most walks are 45-55 minutes but to suit some walkers, we offer much shorter ones (10 to 15 minutes). Finally, we don't do stiles (well only rarely!) or ploughed fields.

By chatting before, during and after the walk social contact is maintained and, very often, new friendships forged. For some of our walkers their weekly health walk is the one time in the week when they get out to socialise. For this reason, all walks end with the opportunity to sit down with fellow walkers and enjoy a cuppa.

Come and do what you can, a trained leader will be on hand to make sure you don't over-do it initially and to encourage you to do more as the weeks progress. Our two oldest walkers are over 100 years old!

We'd love to see you on a walk soon. There's no need to book. Simply turn up about 10 minutes before the start of the walk and introduce yourself to one of the volunteer leaders.

075 0563 9524 | steppingoutinsheffield@gmail.com

Cycle Sheffield

We campaign for a cycle friendly Sheffield where anyone can choose to make their journey by bike. We want cycling to be inclusive and easy, not limited to the quick and the brave.

Get involved

Do you want to help campaign for a people-friendly Sheffield for everyone? We'd love you to get involved!

We have regular social meetings in a pub, which is often a good way to start getting involved. Our Facebook group is the best place to find out what's going on and discuss cycling in Sheffield.

Anyone can grumble about potholes and poor driving, but we want to be a constructive part of building something better. You don't need to be a cycling expert to help; you just need to have an interest and a desire to change things.

Not got much time? Don't worry! We always need people to help with small tasks too. Just get in touch if you're interested.

info@cyclesheffield.org.uk | <http://www.cyclesheffield.org.uk>

Green Spaces near you...

Sheffield Botanical Gardens | Free Admission

The Yorkshire Sculpture Park is an open-air gallery in West Bretton near Wakefield in West Yorkshire, England, showing work by British and international artists, including Henry Moore and Barbara Hepworth - also with temporary/visiting exhibitions. The park's collection of works by Moore is one of the largest open-air displays of his bronzes in Europe.

<http://www.sbg.org.uk>

Grave Park | Sheffield

The park is the largest in Sheffield with a variety of areas such as open fields for games to muddy woodlands, nature and wildlife, hidden spots and games like tennis courts. There's something for everyone depending on what type of parklands you like.

Also includes free admission to animal farm, tractor, playground, sandpit, rope park, zip wire.

Endcliffe Park

One of Sheffield's most popular, owing to its proximity to the city centre and the range of shops, cafes and restaurants along Ecclesall Road. Here, you'll find a children's play area, a parkour course, a charming cafe and some pleasant walking through the woods. Follow the river through the park and away from the city centre for long enough, and you'll be in the Peak District.