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**Bolsterstone, Bradfield, Deepcar, Ewden, Midhopestones,
Oughtibridge, Stocksbridge, Wharncliffe Side, Worrall & Upper Midhope**

SOCIAL CAFÉ'S & LUNCHES

Area	Service	Day & Time	Cost	Location	Contact
Stocksbridge	The Meeting Place	Mondays 10am – 1pm	Free	Christ Church Stocksbridge Manchester Road, Stocksbridge, S36 1DY.	Rachel Proctor 07538 419263 sccoordinator@outlook.com
Stocksbridge	Christ Church Lunch Club	Thursdays 10:30am - 2pm	£4.00	Christ Church Stocksbridge Manchester Road, Stocksbridge, S36 1DY.	Jenny Clarke 0114 288 3674.
Stocksbridge	Cornerstone Cafe	Thursdays 9am – 11:30am	Free	The Christian Centre, Cedar Road, Stocksbridge, Sheffield S36 1FL	Revd. Ian Lucraft 07428 744014
Oughtibridge	Oughtibridge and District Lunch Club	1 st & 3 rd Wednesday of the Month	£5.00	Zion Church, Langsett Rd S, Oughtibridge, Sheffield S35 0HA	Sara 01142864427
Oughtibridge	Oughtibridge Parish Church Breakfast Cafe	Thursdays 8:30am	Menu Can be found at	Oughtibridge Chapel, Church St, Oughtibridge, Sheffield S35 0FU	Dave 07753 319897.
Stocksbridge	Coffee and Chat	Wednesdays 1pm – 3pm	Free	Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, Sheffield S36 1EG	Katy: 0744 414 2359 Alex: 0782 523 4160
Stocksbridge	Friday drop in	Fridays 10am – 3pm	£5.00 for a hot lunch	The Venue, 650 Manchester Rd, Stocksbridge, Sheffield S36 1DY	David 07982 757827
Worrall	Young At Heart Afternoon Tea	Alternate Fridays 1:30pm to 3:30pm		Worrall Memorial Hall, 49 Towngate Rd, Worrall, Sheffield S35 0AR	Janet: 0114 286 3134

Worrall	Blue Ball Inn Friendship Club	Wednesdays 1-3pm	Free (£6 menu available)	320 Haggstones Rd, Worrall, Sheffield S35 0PD.	07710 269687
Stocksbridge	The Three C's – coffee, cake and chat	Every other Friday 10am	Free	Christ Church Stocksbridge Manchester Road, Stocksbridge, S36 1DY.	Revd. Ian Lucraft - 07428 744014
Deepcar	Drop In Deepcar	Tuesdays 10.00-12.00	Free	St. John's Deepcar, 65 Manchester Rd, Deepcar, Sheffield S36 2QX	0114 288 5138
Stocksbridge	Tuesday Lunch Club Main course, pudding, tea and coffee	Every other Tuesday 12.30	£4.50	The Christian Centre, Cedar Road, Stocksbridge, Sheffield S36 1FL	Revd. Ian Lucraft - 07428 744014
Wharnccliffe Side	Brightholmlee Community Cafe	Wednesdays 9.00am – 2.00pm		Brightholmlee Methodist Chapel 252 Main Rd, Wharnccliffe Side, Sheffield S35 0DQ	

HEALTH & FITNESS

Area	Service	Day & Time	Cost	Location	Contact
Stocksbridge	50+ Swimming	Various Sessions Available. Check their website for more details.		Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, Sheffield S36 1EG	https://www.stocksbridgeclc.co.uk/ or phone 0114 288 3792
Stocksbridge	Adults Swim	Various Sessions Available. Check their website for more details.		Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, Sheffield S36 1EG	https://www.stocksbridgeclc.co.uk/ or phone 0114 288 3792
Stocksbridge	Aqua Care	Various Sessions Available. Check their website for more details.		Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, Sheffield S36 1EG	https://www.stocksbridgeclc.co.uk/ or phone 0114 288 3792
Stocksbridge	Aqua Fit	Various Sessions Available. Check their website for more details.		Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, Sheffield S36 1EG	https://www.stocksbridgeclc.co.uk/ or phone 0114 288 3792
Stocksbridge	Aqua Fit Deep	Various Sessions Available. Check their website for more details.		Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, Sheffield S36 1EG	https://www.stocksbridgeclc.co.uk/ or phone 0114 288 3792
Stocksbridge	Fun Swim	Various Sessions Available. Check their website for more details.		Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, Sheffield S36 1EG	https://www.stocksbridgeclc.co.uk/ or phone 0114 288 3792
Stocksbridge	Ladies Swimming	Various Sessions Available. Check their website for more details.		Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, Sheffield S36 1EG	https://www.stocksbridgeclc.co.uk/ or phone 0114 288 3792
Stocksbridge	Lane Swimming	Various Sessions Available. Check their website for more details.		Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, Sheffield S36 1EG	https://www.stocksbridgeclc.co.uk/ or phone 0114 288 3792

Stocksbridge	Parent and Under 5's Swim	Various Sessions Available. Check their website for more details.		Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, Sheffield S36 1EG	https://www.stocksbridgeclc.co.uk/ or phone 0114 288 3792
Stocksbridge	Public Swim	Various Sessions Available. Check their website for more details.		Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, Sheffield S36 1EG	https://www.stocksbridgeclc.co.uk/ or phone 0114 288 3792
Stocksbridge	Swim Fit	Various Sessions Available. Check their website for more details.		Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, Sheffield S36 1EG	https://www.stocksbridgeclc.co.uk/ or phone 0114 288 3792
Stocksbridge	Warm Water Swim	Various Sessions Available. Check their website for more details.		Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, Sheffield S36 1EG	https://www.stocksbridgeclc.co.uk/ or phone 0114 288 3792
Stocksbridge	Box Fit	Various Sessions Available. Check their website for more details.		Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, Sheffield S36 1EG	https://www.stocksbridgeclc.co.uk/ or phone 0114 288 3792
Stocksbridge	Chairobics	Various Sessions Available. Check their website for more details.		Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, Sheffield S36 1EG	https://www.stocksbridgeclc.co.uk/ or phone 0114 288 3792
Stocksbridge	Mums Circuit	Various Sessions Available. Check their website for more details.		Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, Sheffield S36 1EG	https://www.stocksbridgeclc.co.uk/ or phone 0114 288 3792
Stocksbridge	Pilates	Various Sessions Available. Check their website for more details.		Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, Sheffield S36 1EG	https://www.stocksbridgeclc.co.uk/ or phone 0114 288 3792
Stocksbridge	Spin Class	Various Sessions Available. Check their website for more details.		Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, Sheffield S36 1EG	https://www.stocksbridgeclc.co.uk/ or phone 0114 288 3792
Stocksbridge	Squash League	Thursdays 7:00pm – 9:00pm		Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, Sheffield S36 1EG	https://www.stocksbridgeclc.co.uk/ or phone 0114 288 3792
Stocksbridge	Walking Football	Thursday 12:00pm – 1:00pm		Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, Sheffield S36 1EG	https://www.stocksbridgeclc.co.uk/ or phone 0114 288 3792

Stocksbridge	Young at Heart Badminton	Wednesdays 11:30am – 2:00pm		Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, Sheffield S36 1EG	https://www.stocksbridgeclc.co.uk/ or phone 0114 288 3792
Stocksbridge	Zumba Gold	Various Sessions Available		Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, Sheffield S36 1EG	https://www.stocksbridgeclc.co.uk/ or phone 0114 288 3792
Stocksbridge	1 Step Fitness H.I.T.T. the Dancefloor	Various Sessions Available		Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, Sheffield S36 1EG	
Stocksbridge	1 Step Fitness Full Body Blast	Various Sessions Available		Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, Sheffield S36 1EG	
Stocksbridge	1 Step Fitness Get Fit	Various Sessions Available		Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, Sheffield S36 1EG	
Stocksbridge	1 Step Fitness Pilates	Fridays		Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, Sheffield S36 1EG	
Stocksbridge	Chapelton Sub Aqua	Fridays 8:00pm		Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, Sheffield S36 1EG	
Stocksbridge	Dolphin Swim School	Various Sessions Available		Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, Sheffield S36 1EG	
Stocksbridge	Flying Foxes Trampolining	Various Sessions Available		Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, Sheffield S36 1EG	
Stocksbridge	Karate Zone Karate	Friday 5:45pm – 7:45pm		Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, Sheffield S36 1EG	
Stocksbridge	Kixx Kids Football	Thursdays 4:10pm – 6:10pm		Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, Sheffield S36 1EG	

Stocksbridge	Manenki Karate	Tuesdays 6:00pm – 7:00pm		Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, Sheffield S36 1EG	
Stocksbridge	Stocksbridge Gymnastics Club	Various Sessions Available		Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, Sheffield S36 1EG	
Stocksbridge	Stocksbridge Pentaqua	Various Sessions Available		Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, Sheffield S36 1EG	
Stocksbridge	Swimbabes	Various Sessions Available		Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, Sheffield S36 1EG	
Stocksbridge	Tang Soo Do Karate	Wednesdays 7:00pm – 8:30pm		Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, Sheffield S36 1EG	
Stocksbridge	U3A Racket ball	Tuesdays 10:30am – 12:15am		Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, Sheffield S36 1EG	
Stocksbridge	Vixen Badminton Club	Tuesdays 7:00pm – 8:30pm		Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, Sheffield S36 1EG	
Stocksbridge	Wildcats Roller Hockey	Saturdays 9:00am – 1:00pm		Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, Sheffield S36 1EG	
Stocksbridge	Yoga with Dyane	Mondays 10:00am – 11:00am		Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, Sheffield S36 1EG	
Stocksbridge	Chair Based Exercise	Mondays 11:30am	£2.00	Balfour House, Horner Close, Stocksbridge, S36 1LQ	
Worrall	Pilates	Monday 6:30pm to 7:30pm		Worrall Memorial Hall, 49 Towngate Rd, Worrall, Sheffield S35 0AR	Andrea: 07542 757 373

Worrall	Yoga	Monday 7:45pm to 8:45pm		Worrall Memorial Hall, 49 Towngate Rd, Worrall, Sheffield S35 0AR	Joy: 07717 440 145 joydoch@gmail.com
Worrall	Pilates & Yoga	Tuesday 11:00am to 12:00pm		Worrall Memorial Hall, 49 Towngate Rd, Worrall, Sheffield S35 0AR	Joy: 07717 440 145 joydoch@gmail.com
Worrall	Pilates & Yoga	Wednesday 10:00am to 11:00am		Worrall Memorial Hall, 49 Towngate Rd, Worrall, Sheffield S35 0AR	Joy: 07717 440 145 joydoch@gmail.com
Worrall	Energise Keepfit	Wednesday 2:00pm to 3:00pm		Worrall Memorial Hall, 49 Towngate Rd, Worrall, Sheffield S35 0AR	Gill: 07949 126 312 gillyfitness@googlemail.com
Worrall	Zumba Gold	Thursday 10:00am to 10:45am		Worrall Memorial Hall, 49 Towngate Rd, Worrall, Sheffield S35 0AR	Gill: 07949 126 312 gillyfitness@googlemail.com
Bradfield	Yoga	Monday 10am		Bradfield Village Hall The Sands, Low Bradfield, Sheffield S6 6LB	bradfieldvillagehall.org.uk
Bradfield	Meditation Class	Wednesday 11.30am		Bradfield Village Hall The Sands, Low Bradfield, Sheffield S6 6LB	bradfieldvillagehall.org.uk
Stocksbridge	Tai Chi	Friday 11:30am		Inman Pavilion, Moorland Drive, Stocksbridge, S361EG	Chris enquiries@inmanpavilion.org.uk 07966 720733
Bolsterstone	Yoga with Lucy	Wednesday 7:00pm		Bolsterstone Village Hall, Bolsterstone, Sheffield S36 3ZH	Lucy Etteridge 07973 767412
Oughtibridge	Yoga with Charlotte	Thursday 5:45 – 6:45 7:00 – 8:00pm	£5 – 1 st class £7 – subsequent classes	Joni Café. 1 Langsett Rd S, Oughtibridge, Sheffield S35 0GY	Charlotte Johnson 07788202893

ACTIVITIES

Area	Service	Day & Time	Cost	Location	Contact
Stocksbridge	Computers - for the beginner to the experienced	Tuesday 10am-12noon	£2.00	Balfour House, Horner Close, Stocksbridge, S36 1LQ	Kath 07596130043
Stocksbridge	U3A Bridge Group	Tuesdays 2:00pm – 5:00pm	£2.00	The Venue, 650 Manchester Rd, Stocksbridge, Sheffield S36 1DY	
Oughtibridge	Oughtibridge Brass Band	Mondays and Thursdays 7:30-9:30		The Band Room, 10 Station Lane, S35 0HS	Email: enquiries@oughtibridgebrassband.co.uk
Deepcar	Deepcar Brass Band	Mondays and Fridays 7:15-9:15		Deepcar Village Hall, Helliwell Lane, Deepcar, S36 2QH	Email: enquiries@deepcarbrassband.org.uk
Stocksbridge	Waldershef Singers	Tuesdays 7:30pm – 9:30pm		The Venue, Stocksbridge, 650 Manchester Road S36 1DY	Email:web@waldershelfsingers.org
Stocksbridge	Stocksbridge and District Women's Institute	1 st Wednesday of the month 7:15pm		Christ Church, Manchester Road S36 1 Sheffield	Email:stocksbridgewi@gmail.com
Stocksbridge	Stocksbridge and Deepcar Townswomen's Guild	1 st Monday of the Month 7:30pm		Christ Church, Manchester Road, Stocksbridge	Phone: 0114 2882393 Email: mgtd2@live.co.uk
Stocksbridge	Greave House Farm Trust General Volunteering Days	Thursdays		New Hall Lane, Stocksbridge, S36 4GH	Email: greavehouse@yahoo.co.uk

Stocksbridge	Craft Create Knit and Natter	Thursdays 6:30pm		Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, S36 1EG	csh@stocksbrigeclc.co.uk
Stocksbridge	5 a Side Dads	Fridays 6.00pm		Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, S36 1EG	csh@stocksbrigeclc.co.uk
Oughtibridge	Oughtibridge Parish Church Craft and Sewing Group.	Wednesdays during term time, 9:30-11:30am		Oughtibridge Chapel, Church St, Oughtibridge, Sheffield S35 0FU	
Oughtibridge	Oughtibridge Parish Church ladies of leisure .	January to November, typically on the last Wednesday of the month		Oughtibridge Chapel, Church St, Oughtibridge, Sheffield S35 0FU	Di and Janet at lol.oughtibridge@yahoo.com
Bolsterstone	Bolsterstone Archaeological & Heritage Group	Third Wednesday of the month (except December, January and August) 7.30 pm		Christ Church Stocksbridge Manchester Road, Stocksbridge, S36 1DY.	Ruth Morgan ruthmorgan755@hotmail.com
Stocksbridge	Stocksbridge History Society	Second Thursday of the Month 7.00 pm.		Christ Church Stocksbridge Manchester Road, Stocksbridge, S36 1DY.	
Stocksbridge	Steel Valley Beacon Arts	Tuesday and Friday Evenings		Christ Church Stocksbridge Manchester Road, Stocksbridge, S36 1DY.	steelvalleybeaconarts1@gmail.com
Stocksbridge	Stocksbridge Art Society	Tuesday 9.45am.		Christ Church Stocksbridge Manchester Road, Stocksbridge, S36 1DY.	0114 2882416
Bolsterstone	Bolsterstone Male Voice Choir	Monday 7:30-9:30pm		Bolsterstone Village Hall, Bolsterstone, Sheffield S36 3ZH	Rob Firth: firth382@btinternet.com

PARENT AND CHILD

Area	Service	Day & Time	Cost	Location	Contact
Oughtibridge	Oughtibridge Parish Church Parent and baby group.	Weds 9.30 - 11am. (Term time only)		Oughtibridge Chapel, Church St, Oughtibridge, Sheffield S35 0FU	www.opc.or.uk/babies
Oughtibridge	Oughtibridge Parish Church Toddler Group.	Tuesday 10-11.30am. (Term time only)		Oughtibridge Chapel, Church St, Oughtibridge, Sheffield S35 0FU	www.opc.or.uk/toddlers .
Bradfield	Bradfield Parent and toddler Group	Thurs 9am – 12pm (Term time only)			
Oughtibridge	Oughtibridge Parish Church dads club For dads and kids (age 0-7)	4th Saturday of the month 9:30-11:00am (Term time only)		Oughtibridge Chapel, Church St, Oughtibridge, Sheffield S35 0FU	Ella ella@opc.org.uk
Stocksbridge	Busy Little Hands	Friday 9.45 to 11.30 (Term time only)		Christ Church Stocksbridge Manchester Road, Stocksbridge, S36 1DY.	Heather on 0771 745 2950 Brenda on 0114 288 4916
	TARA Baby Group	Mondays 9.30 – 1130:am (Term Time Only)		Christian Centre, Cedar Road, Stocksbridge, S36 1AS	
Worrall	Worrall community association Baby and toddler	Alternate Fridays 10:00 – 11:30 (Term time only)		Worrall Memorial Hall, 49 Towngate Rd, Worrall, Sheffield S35 0AR	Tia: 07968 514 892 Gemma: 07843 489 845
Wharncliffe Side	Wharncliffe Side Parent and Toddler Group	Tuesdays 9:15-11:30 (Term time only)		Brightholmlee Methodist Chapel 252 Main Rd, Wharncliffe Side, Sheffield S35 0DQ	

CHILDREN AND YOUNG ADULT

Area	Service	Day & Time	Location	Contact
Stocksbridge	Door 43	Age 11-16 – Every other Monday 3.30-4.30pm Age 16-24 – Every other Monday 4.30-5.30pm	Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, Sheffield S36 1EG	
Stocksbridge	Teen Gym		Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, Sheffield S36 1EG	https://www.stocksbridgeclc.co.uk/ or phone 0114 288 3792
Stocksbridge	Girls Teen Gym		Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, Sheffield S36 1EG	https://www.stocksbridgeclc.co.uk/ or phone 0114 288 3792
Stocksbridge	Friday Night Youth Night		Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, Sheffield S36 1EG	https://www.stocksbridgeclc.co.uk/ or phone 0114 288 3792
Stocksbridge	Noodle Childrens Drama Group –	Saturday 3-5 yrs 9.00-10.00 5-9 yrs 10.00-11.00	Christ Church Stocksbridge Manchester Road, Stocksbridge, S36 1DY.	
Stocksbridge	1 st Stocksbridge beavers (6-8yrs)	Tuesdays 16:45 to 17:45	Stocksbridge Youth Centre, Coal Pit Lane, Stocksbridge, S36 1AW	stocksbridgescouts@gmail.com
Stocksbridge	1 st Stocksbridge Cubs: (8 – 10yrs)	Tuesdays 18:15 to 19:45	Stocksbridge Youth Centre, Coal Pit Lane, Stocksbridge, S36 1AW	stocksbridgescouts@gmail.com
Stocksbridge	1 st Stocksbridge Scouts: (10 – 14 1/2 yrs)	Tuesdays 19:30 to 21:00.	Stocksbridge Youth Centre, Coal Pit Lane, Stocksbridge, S36 1AW	stocksbridgescouts@gmail.com

Stocksbridge	3 rd Stocksbridge Scouts	Monday 6:15 – 8pm Thursday 6:15 – 8pm	Nanny Hill, Stocksbridge, Sheffield S36 2BE	07971 347804
Stocksbridge	'THE HANGER' - Teen Drop-in	Friday 6.00-7.30pm	The Christian Centre, Cedar Road, Stocksbridge, Sheffield S36 1FL	Phil Hall - 07896243877
Deepcar	Deepcar Rainbows	Thursday 5:30pm	65 Manchester Rd, Deepcar, Sheffield S36 2QX	Sally Rogers - 07779 174269 Alice Denton - 07715 522835
Deepcar	Deepcar Brownies		65 Manchester Rd, Deepcar, Sheffield S36 2QX	Sally Rogers - 07779 174269 Alice Denton - 07715 522835
Deepcar	Deepcar Guides		65 Manchester Rd, Deepcar, Sheffield S36 2QX	Sally Rogers - 07779 174269 Alice Denton - 07715 522835

SUPPORT GROUPS & SERVICES

Area	Service	Day & Time	Location	Contact
Stocksbridge	Men's Activities	Mondays 1:30 – 3pm	Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, S36 1EG	Brian 07570946075 John 0783133595
Stocksbridge	S.P.A – Suicide Prevention & Awareness	Fridays 1– 2pm	Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, S36 1EG	cs@stocksbridgeclc.co.uk
Stocksbridge	Addiction Recovery Support	Tuesdays 12 – 5pm	Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, S36 1EG	cs@stocksbridgeclc.co.uk
Stocksbridge	Soak and Socialise: Supporting sufferers of chronic pain	Wednesday 2 – 4pm	Stocksbridge Community Leisure Centre, Moorland Dr, Stocksbridge, S36 1EG	cs@stocksbridgeclc.co.uk
Stocksbridge	Memory Time Cafe	1 st Thursday of the month 10am-12noon	The Venue, 650 Manchester Rd, Stocksbridge, Sheffield S36 1DY	0114 283 0141 sccg.communitydementiaprovision@gmail.com
Worrall	Musical Memories on Tour	Every second and fourth Wednesday of the month	Blue Ball Inn. 320 Haggstones Rd, Worrall, S35 0PD	07710 269687
Stocksbridge	Stocksbridge Food Bank	Thursday 10am to 1pm Tuesdays 10am – 12pm	512 Manchester Rd, Stocksbridge, Sheffield S36 2DU	Martin 07912 609 791.

Deepcar	Social Prescriber drop in - Deepcar	Wednesday 1pm – 4pm	271 Manchester Rd, Deepcar, Sheffield S36 2RA	Katy: 0744 414 2359 Alex: 0782 523 4160
Oughtibridge	Social Prescriber drop in - Oughtibridge	Thursday 10am – 12pm	Church St, Oughtibridge, Sheffield S35 0FW	Katy: 0744 414 2359 Alex: 0782 523 4160
Stocksbridge	Social Prescriber drop in - Stocksbridge	Friday 9am – 11am	11 Johnson St, Stocksbridge, Sheffield S36 1BX	Katy: 0744 414 2359 Alex: 0782 523 4160

WHO TO CONTACT

EMERGENCIES	In an emergency (fire, health or crime)	999
	For a crime or nuisance behaviour that isn't an emergency	101
	For health support that <i>isn't</i> an emergency	111
HOUSING SUPPORT	Sheffield City Council Housing repairs	0114 273 5555
	Shelter Emergency Hotline	0808 800 444
GAS AND ELECTRIC	Northern Power grid	0800 011 3332
	National Energy Action	0800 304 7159
	Sheffield City Council	0114 273 5555
MENTAL HEALTH	Samaritans	116 123
	Rethink	0808 801 0440
	Sheffield NHS Urgent Helpline	0808 196 8281
	Sheffield Mind	0114 258 4489
OTHER USEFUL NUMBERS	Sheffield City Council	0114 273 4567
	Age UK advice line	0800 678 1602
	Silverline helpline for people over 55	0800 470 80 90
	IDAS Domestic Abuse Support	0808 808 2241
	Sheffield Mind Listening Line	0114 312 2209
	Sheffield Safeguarding Hub	0114 273 4855

MEET YOUR HEALTH AND WELLBEING TEAM

Katy, your local social prescribing link workers.

Your local Social Prescribing Link Workers are here to listen to you and put you in touch with people and activities that might help you feel better

They may introduce you to a community group, a new activity or a local club. They may help you find legal advice or debt counselling.

They might just help you find information and guidance: a bit of inside knowledge on your situation or what local resources there are to help you.

Social Prescribing can help you to have more control over your own health and find ways to improve how you feel in a way that suits you.

Meet Rachel and Dyane, your local community wellbeing coaches

Our Community Wellbeing Coaches are here to provide support and advice to individuals to develop healthier behaviours and lifestyles

By working with you on a one to one basis, they aim to offer you practical support to help change your behaviours and achieve your personal goals to improve your health and wellbeing.

Our coaches will tailor the support given to you depending on your needs and offer solutions with you to produce a support plan.

Luke and Laura, your local community engagement coordinator and community development worker

Your local Community Engagement team is a point of contact to give help and support to all local community groups and services across the valley to keep delivering the work done.

From work such as improving your reach of advertising, utilising graphic design or social media work. helping with recruitment of volunteers or connecting you with other local groups to share resources or give each other support.

If you feel there is a service not yet provided, he can help you take steps to set up a new group to fulfil those needs

Your Community Team is there to put you front and centre in the community.

