

# What's happening for people with dementia in North East Sheffield from Oct 2021?



## 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

(Also do some fitness classes)  
Wednesdays 11am-12:30pm  
(sessions in English, Urdu and Punjabi)  
Firvale Community Hub, S4 8GU  
Call Saima - **07897324285**



**DEMENTIA?  
WELCOME!**



## Dementia? Welcome! Café

Wednesdays 11am-1pm  
195a Verdon St, Sheffield S3 9QQ  
Call Nick - **07725569380**

## Memory Lanes Bowling Group

(Also have a board game group)  
Monday 1:30pm - 3:30pm  
Chapelton Methodist Church, 1 Nether Ley Ave, S35 1AE  
Call Jill - 0114 240 3514



## Dementia Café & Singalong (Live Singer)

Also do coffee mornings and tea & cake afternoons  
Thursdays 2pm – 4pm: 23<sup>rd</sup> Sept, 21<sup>st</sup> Oct, 18<sup>th</sup> Nov, 16<sup>th</sup> Dec  
Wincobank Village Hall, Newman Road, S9 1LQ  
Call Anne - **07799 404525**

# What's happening for people with dementia in North East Sheffield from Oct 2021?

## Wednesday Friends

Wednesdays 10am

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

0114 257 7444 - office@stjohnschap.co.uk



## SOAR's Social Cafes

Tuesdays Chapeltown, Wednesdays Shiregreen,  
Fridays Parson Cross

Call Helen on **07795563700**

## 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>

## 1-2-1 Phone Calls

Call or email Rosie for more information **07538100375** /  
**rosie.strathearn@soarcommunity.org.uk**



# 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

SACHMA, SADACCA, S3 8JB

Call Corrine on **0114 272 6393**

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# Other Useful Links & Services

**Sheffield Carers Centre** provide services for unpaid adult carers in the city, including a hotline. They also offer a Carers Card with lots of benefits.

[www.sheffieldcarers.org.uk](http://www.sheffieldcarers.org.uk) - 0114 272 8362

**TIDE** is a network for carers of people living with dementia

<https://www.tide.uk.net/>

**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 Rosie (07538 100 375 / 0114 213 4065)