

# Online Dementia Activities in Sheffield

If you are living with (or supporting someone living with) memory loss in Sheffield, there is support for you in your local community during the Coronavirus pandemic.



You'll receive a warm virtual welcome from your local community Dementia worker listed on [www.sheffielddirectory.org.uk/dementia](http://www.sheffielddirectory.org.uk/dementia) and page 11 of this leaflet.

- Dementia information
- Regular telephone contact and a friendly listening ear
- Dementia-friendly activity pack deliveries for you to enjoy at home
- Online Memory Cafés and virtual Dementia-friendly groups:
  - Activities (entertainment, quizzes, chairbics, reminiscence etc)
  - Opportunity to chat and share with others in a similar situation
  - All groups are listed by day-of-the-week in this leaflet
  - Most are via 'Zoom' online - we can help you connect if you need it
- Dementia carer support groups online (contact your local community dementia organisation for details, using the link above or on page 11)

[www.sheffielddirectory.org.uk/dementia](http://www.sheffielddirectory.org.uk/dementia)

- Dementia community support organisations and contact details
- Advice, tips and help to keep safe and well during the pandemic – both practically and emotionally
- Dementia-friendly activities and resources to try at home including crafts, physical exercises, music, culture, nature and more

*The Dementia community support organisations and local online groups listed day-by-day in this leaflet receive funding from Sheffield City Council's 'People Keeping Well in their Community' dementia programme.*

# Monday

- You are welcome to join any of the groups listed in this booklet, even if you live in a different area of Sheffield.
- Use the contact details to request the online code and/or for help getting online or using 'Zoom'.
- All groups are free to attend

## Unforgettable Me Online Memory Café

- Weekly, 9.30am – 11.30am.
- An online Zoom Memory Café for people living with Dementia and their family/carers.
- Monday's Café includes a Chairrobics session.
- Contact Louise [louise@pxforum.org](mailto:louise@pxforum.org) or Louise [louise@pxforum.org](mailto:louise@pxforum.org) or call 0114 3279727.
- <http://www.pxforum.org/> and <https://www.facebook.com/parson.crossforum.5/>.



## Dementia Online Coffee Mornings

- Monthly, 1<sup>st</sup> Monday of the month, 11am – 12noon.
- An online Coffee Morning for people living with Dementia and their family/carers.
- Contact Nur on 0114 250 0222 or [n.ali@shipshape.org.uk](mailto:n.ali@shipshape.org.uk) or [info@shipshape.org.uk](mailto:info@shipshape.org.uk).
- <https://www.shipshape.org.uk/dementia-programmes>



## Online group for Dementia Carers and people living with Dementia

- Fortnightly, 11am – 12 noon.
- An online Zoom group supporting those who care for people living with Dementia, and including activities suitable for those living with Dementia.
- Contact Nicola 07586 974483 [nicola@mywoodhouse.co.uk](mailto:nicola@mywoodhouse.co.uk) or Lesley 07586 823707 [lesley@mywoodhouse.co.uk](mailto:lesley@mywoodhouse.co.uk) or call the office on 0114 2690222.
- Or contact Sarah on 0114 270 2040 or [sarah.longfield@zestcommunity.co.uk](mailto:sarah.longfield@zestcommunity.co.uk).



## Men's Dementia Café

- Monthly, 3<sup>rd</sup> Monday of the month, 12.30pm – 1.30pm.
- Men-only Dementia Café on Zoom.
- Contact Nur on 0114 250 0222 or [n.ali@shipshape.org.uk](mailto:n.ali@shipshape.org.uk) or [info@shipshape.org.uk](mailto:info@shipshape.org.uk).
- <https://www.shipshape.org.uk/dementia-programmes>



A yellow calendar icon with a white page showing the word "Monday" in a large, bold, black font. Below it, the word "continued..." is written in a smaller, black font. The icon has a white border and a yellow background.

**Monday**

continued...

- You are welcome to join any of the groups listed in this booklet, even if you live in a different area of Sheffield.
- Use the contact details to request the online code and/or for help getting online or using 'Zoom'.
- All groups are free to attend

## Women's 'Recharge your batteries' Dementia Carers session

- Monthly, last Monday of the month, 1-2pm
- Women-only Dementia Carers group on Zoom.
- Includes a variety of activities such as chair-based stretching exercises, pampering, nails, hand massage and special virtual guest visits.
- Contact Nur on 0114 250 0222 or [n.ali@shipshape.org.uk](mailto:n.ali@shipshape.org.uk) or [info@shipshape.org.uk](mailto:info@shipshape.org.uk).
- <https://www.shipshape.org.uk/dementia-programmes>



## Dementia Carers Relaxation Group

- Weekly, 2pm - 3pm.
- Connect with other Dementia carers and find time to relax. This Zoom group is centred around taking time out for yourself, being mindful and providing a space for dementia carers to unwind.
- Contact Grace on 0114 399 1070 [grace.d@heeleydevtrust.com](mailto:grace.d@heeleydevtrust.com) to book your free place.
- <http://sheffieldonline.net/heeley-trust-dementia-projects/> and <http://sheffieldonline.net/wp-content/uploads/2020/11/Carers-Relaxation-Group.pdf>



## Cosy Creatives

- Weekly, 2-3pm.
- Relaxed and fun Dementia-friendly Creative Writing sessions, delivered on Zoom by an art therapist. No experience needed! Carers welcome.
- Contact 0114 250 2850 or email [enquiries@ageuksheffield.org.uk](mailto:enquiries@ageuksheffield.org.uk)
- <https://www.ageuk.org.uk/sheffield/activities-and-events/pkw/>



Tuesday groups are on the next page...

**Tuesday**

- You are welcome to join any of the groups listed in this booklet, even if you live in a different area of Sheffield.
- Use the contact details to request the online code and/or for help getting online or using 'Zoom'.
- All groups are free to attend

## Forget-Me-Not Online Memory Café

- Weekly, 9.30am – 11.30am.
- An online Zoom Memory Café for people living with dementia and their family/carers.
- Tuesday's Café includes a gentle breathing exercise session and a game of bingo.
- Contact Louise [louise@pxforum.org](mailto:louise@pxforum.org) or Louise [louisec@pxforum.org](mailto:louisec@pxforum.org) or call 0114 3279727.
- <http://www.pxforum.org/> and <https://www.facebook.com/parson.crossforum.5/>.



## Women's Social Zoom

- Weekly 10.30am – 11.15am.
- Join other women for an online social Zoom.
- The group is not specifically for people living with Dementia, but ladies living with Dementia are more than welcome to join, and the group leaders are dementia-trained.
- Contact Nicola 07586 974483 [nicola@mywoodhouse.co.uk](mailto:nicola@mywoodhouse.co.uk) or Lesley 07586 823707 [lesley@mywoodhouse.co.uk](mailto:lesley@mywoodhouse.co.uk) or call the office on 0114 2690222.



## Online Tai Chi

- Weekly, 12noon - 1pm.
- This online Zoom Tai Chi class is a great way to help you relax, especially during these difficult times. The class is not just specifically for people living with Dementia, but people living with Dementia are more than welcome to join.
- Contact Louise [louise@pxforum.org](mailto:louise@pxforum.org) or Louise [louisec@pxforum.org](mailto:louisec@pxforum.org) or call 0114 3279727.
- <http://www.pxforum.org/> and <https://www.facebook.com/parson.crossforum.5/>



## Spires Café Online

- Weekly, 2pm - 3pm.
- Online Dementia-friendly café with bingo, Play Your Cards Right, Pictionary, a quiz and other weekly games.
- Contact Nigel [dementia@manorandcastle.org.uk](mailto:dementia@manorandcastle.org.uk) or 0114 265 5145 or 07918 054 103.





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- Use the contact details to request the online code and/or for help getting online or using 'Zoom'.
- All groups are free to attend

## Sheffield Young Onset Dementia Hub Peer Support Group

- Second Tuesday of every month, 3pm – 4pm.
- A Zoom peer support group for those aged 65 or under and living with, or affected by, Young Onset Dementia or memory problems.
- Contact the Young Onset Dementia Hub Team on [youngdementia@ageuksheffield.org.uk](mailto:youngdementia@ageuksheffield.org.uk) or call 0114 250 2850.
- <https://www.ageuk.org.uk/sheffield/our-services/dementia-services/yoh/>



## Dore & Totley Rosemary Online Memory Café

- Weekly, 3pm - 4.30pm.
- Online chat, quizzes, live singers and more, for people living with Dementia and their supporters.
- Contact Josée [Josee.Rollet@ageuksheffield.org.uk](mailto:Josee.Rollet@ageuksheffield.org.uk) or 07852 291 830.
- <https://www.ageuk.org.uk/sheffield/our-services/dementia-cafes/>



## Forget-Me-Not Singing Group

- Weekly, 5.30pm - 6.30pm
- Socially-distanced Dementia-friendly singing group meeting at the Arbourthorne Centre, Edenhall Road, S2 (when restrictions permit).
- Please book your place before attending – not open during Lockdown.
- Contact Diane [dianecairns@manorandcastle.org.uk](mailto:dianecairns@manorandcastle.org.uk) or 0794 643 6163.



## FTD (Frontal Temporal Dementia) Carers' Support Group

- 2nd Tuesday of the month, 6.30pm - 8.30pm.
- Specialist group for anyone who supports/cares for someone with FTD, meeting either socially-distanced at Heeley City Farm or online if people prefer/depending on current guidelines.
- Also one-to-one scheduled Zoom meets for FTD Supporters Group.
- Contact Lee Pearse [lee@heeleyfarm.org.uk](mailto:lee@heeleyfarm.org.uk) or 0114 258 0482.



# Wednesday

- You are welcome to join any of the groups listed in this booklet, even if you live in a different area of Sheffield.
- Use the contact details to request the online code and/or for help getting online or using 'Zoom'.
- All groups are free to attend.

## Online Singing for the Soul

- Weekly, 10am - 11.30am.
- A fun and friendly online Zoom singing group for all abilities.
- This group is not specifically for people living with Dementia, but people living with Dementia are more than welcome to join.
- Contact Louise [louise@pxforum.org](mailto:louise@pxforum.org) or Louise [louisec@pxforum.org](mailto:louisec@pxforum.org) or call 0114 3279727.
- <http://www.pxforum.org/> and <https://www.facebook.com/parson.crossforum.5/>



## Dementia Carers Support Group

- Bi-weekly, 3.30pm – 4.30pm.
- An online group offering an informal space to get together talk and chat.
- The group leads the topics and there are elements of both fun and support for carers and supporters of people living with Dementia.
- Contact Jo-Anne [joanne@darnallwellebeing.org.uk](mailto:joanne@darnallwellebeing.org.uk) or call 07945 548929 to get the next available date, Zoom code and access to join – you will be most welcome.



## Young Onset Dementia Support Group

- Fortnightly, 1.30pm – 2.30pm.
- Zoom group for people with Dementia under the age of 65, their carers, family members and volunteers. The support group is a safe space where people can share their advice, frustrations, highs and lows (as well as taking part in different activities).
- Contact Rhiannon [rhiannon.w@heeleydevtrust.com](mailto:rhiannon.w@heeleydevtrust.com) or 0114 399 1070.
- <http://sheffieldonline.net/heeley-trust-dementia-projects/>





# Thursday

- You are welcome to join any of the groups listed in this booklet, even if you live in a different area of Sheffield.
- Use the contact details to request the online code and/or for help getting online of using 'Zoom'.
- All groups are free to attend.

## Sporting Memories Zoom

- Weekly, 10.30am – 12pm.
- Join with others online for Dementia-friendly chat, reminiscence and quizzes on a sports theme.
- Contact Nicola 07586 974483 [nicola@mywoodhouse.co.uk](mailto:nicola@mywoodhouse.co.uk) or Lesley 07586 823707 [lesley@mywoodhouse.co.uk](mailto:lesley@mywoodhouse.co.uk) or call the office on 0114 2690222.



## Online Tai Chi

- Weekly, 11am – 12noon.
- A Dementia-friendly Tai Chi session delivered by Zoom, so you can take part in your own home.
- Contact Jackie [jackie@mywoodhouse.co.uk](mailto:jackie@mywoodhouse.co.uk) or 07847 602 613.



## Zoom Dementia Carers Group

- Fortnightly, 1pm – 2pm.
- This group is aimed at supporting carers of those living with Dementia in a safe, friendly and confidential environment
- To find out more or to book a free place, call Louise on 0114 3279727 or email [louisec@pxforum.org](mailto:louisec@pxforum.org)





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- Use the contact details to request the online code and/or for help getting online of using 'Zoom'.
- All groups are free to attend.

## Online Dementia Exercise Class

- Weekly, 1.15pm - 2.15pm.
- A Zoom-led Dementia exercise class for people living with early to mid-stage Dementia. Includes functional exercises and fun activities that can be done at home with equipment found in the house. Family carer must be present.
- Contact Kath Brooke [health@zestcommunity.co.uk](mailto:health@zestcommunity.co.uk) or 0114 270 2040.
- [www.zestcommunity.co.uk](http://www.zestcommunity.co.uk) and <https://www.facebook.com/ZestCommunity/> and <https://twitter.com/zestcentre> and <https://www.instagram.com/zestcentresheffield/>.



## 'Wend Your Way' – Virtual Walking Group

- Fortnightly, 2pm – 3pm.
- A group for adults with early to mid-stage Dementia, carers and family members.
- This project seeks to bring the feeling of being outside, inside! In each session, we look at walking routes around the world, participate in different creative activities inspired by them, and share stories of our own favourite walking experiences, past and present.
- Contact Grace on 0114 399 1070 or [grace.d@heeleydevtrust.com](mailto:grace.d@heeleydevtrust.com) to book your free place.
- <http://sheffieldonline.net/heeley-trust-dementia-projects/> and <http://sheffieldonline.net/wp-content/uploads/2020/11/WEND-YOUR-WAY.pdf>







# Friday

- You are welcome to join any of the groups listed in this booklet, even if you live in a different area of Sheffield.
- Use the contact details to request the online code and/or for help getting online or using 'Zoom'.
- All groups are free to attend.

## Unforgettable Me Online Memory Café

- Weekly, 9.30am – 11.30am.
- An online Zoom Memory Café for people living with dementia and their family/carers.
- Friday's Café includes a live singer.
- Contact Louise [louise@pxforum.org](mailto:louise@pxforum.org) or Louise [louisec@pxforum.org](mailto:louisec@pxforum.org) or call 0114 3279727.
- <http://www.pxforum.org/> and <https://www.facebook.com/parson.crossforum.5/>.



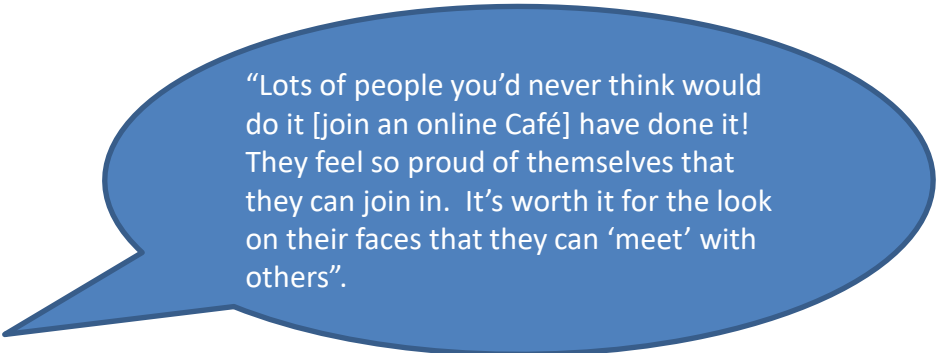
## Men Talk Zoom

- Fortnightly, 7pm-8pm (please contact for dates).
- A men-only Zoom group that offers an informal, safe and confidential space for men to get together and talk.
- The group is not specifically for people living with Dementia, but people living with Dementia are more than welcome to join, and the group leaders are dementia-trained.
- Contact Louise [louisec@pxforum.org](mailto:louisec@pxforum.org) or 0114 3279727.



If you've never been to an online Memory Café before, don't worry!

Most people haven't!  
But we can help you.  
Just contact us and ask.



"Lots of people you'd never think would do it [join an online Café] have done it! They feel so proud of themselves that they can join in. It's worth it for the look on their faces that they can 'meet' with others".

A dementia worker said:

## Comments from people living with Dementia and their carers who attend Sheffield's online Dementia groups

"It's a right laugh every week"

"I've got to know people better; it has been one of the best things [about lockdown] for me"

"I get all my Dementia information from the Dementia Cafés, that's all I need - speaking to other people"

"We saw people in the same boat and we could communicate amongst ourselves to find out the best ways of doing things"

"I feel sorry for the people who are left out because they don't want to join the online dementia groups"

"In lockdown I'd have gone into a mental asylum if it hadn't have been for this Zoom [online] programme – without this I'd only have had communication with my daughter and no-one else"

## Comments from people living with Dementia and their carers who receive support from their local community dementia worker

"When this Coronavirus happened you've been absolutely wonderful and kept us all in contact and I'm sure we wouldn't have coped like we do without you"

"It's a lifeline for us, especially through this Covid. Don't know where we'd have been if it hadn't been for this"

"You're the only people, other than the other family carers, who are even bothered about us. Friends don't ring, but if I don't turn up on an online Memory Café day you ring and find out what's up with me. I can't thank you all enough, and the volunteers"

Dementia-friendly organisation	Sheffield neighbourhoods	Contact information for your local dementia worker
<a href="#">Stocksbridge Community Care Group</a>	Stocksbridge, Upper Don, Deepcar, Wharncliffe Side, Bradfield, Oughtibridge, Worrall	Dave on 0114 283 0141  <a href="mailto:sccg.communitydementiaprovision@gmail.com">sccg.communitydementiaprovision@gmail.com</a>
<a href="#">SOAR</a>	Chapelton, High Green, Burncross, Grenoside, Ecclesfield, Southey, Owlerton, Parson Cross, Fox Hill, Longley, Shirecliffe, Colley, Firth Park, Shiregreen, Flower, Wincobank, Brightside, Stubbin, Brushes, Burngreave, Fir Vale, Firhill, Abbeyfield	Rosie on 0114 213 4075  <a href="mailto:rosie.strathearn@soarcommunity.org.uk">rosie.strathearn@soarcommunity.org.uk</a>
<a href="#">ZEST</a>	Hillsborough, Middlewood, Wadsley, Loxley, Stannington, Wisewood, Netherthorpe, Uppertorpe, Walkley, Langsett, Crookesmoor	Sarah on 07572 643207 or 0114 2702040 ext 232  <a href="mailto:sarah.longfield@zestcommunity.co.uk">sarah.longfield@zestcommunity.co.uk</a>
<a href="#">Age UK Sheffield</a>	Dore, Totley, Crookes, Crosspool, Broomhill, Lodgemoor, Fulwood, Ranmoor, Endcliffe, Greystones, Nether Edge, Bents Green, Ecclesall, Millhouses, Whirlow, Abbeydale, Bradway	Josée on 0114 250 2850  <a href="mailto:Josee.Rollet@ageuksheffield.org.uk">Josee.Rollet@ageuksheffield.org.uk</a>
<a href="#">Darnall Wellbeing</a>	Darnall, Tinsley, Acres Hill, Handsworth, Housesteads	Jo-Anne on 07495 548929 or 0114 249 6315  <a href="mailto:jo@darnallwellbeing.org.uk">jo@darnallwellbeing.org.uk</a>
<a href="#">Shipshape</a>	City Centre, Sharrow, Broomhall	Nur on 0114 250 0222  <a href="mailto:n.ali@shipshape.org.uk">n.ali@shipshape.org.uk</a>
<a href="#">Manor Castle Development Trust</a>	Manor, Castle, Park Hill, Wybourn, Arbourthorne, Norfolk Park, Woodthorpe	Nigel on 07918 054 103 or 0114 278 9999  <a href="mailto:dementia@manorandcastle.org.uk">dementia@manorandcastle.org.uk</a>
<a href="#">Heeley Trust</a>	Heeley, Meersbrook, Norton	Grace on 0114 3991070 or 07835 921 646  <a href="mailto:grace.d@heeleydevtrust.com">grace.d@heeleydevtrust.com</a>
<a href="#">Heeley City Farm</a>	Gleadless Valley, Heeley, Newfield Green, Lowedges, Batemoor, Jordanthorpe, Beauchief, Greenhill, Woodseats	Lee on 0114 258 0482  <a href="mailto:lee@heeleyfarm.org.uk">lee@heeleyfarm.org.uk</a>
<a href="#">Woodhouse &amp; District Community Forum</a>	Woodhouse, Beighton, Mosborough, Sothall, Westfield, Halfway, Waterthorpe, Richmond, Hackenthorpe, Hollinsend, Birley, Charnock, Owlthorpe, Base Green	Nicola on 07736 221829 <a href="mailto:nicola@mywoodhouse.co.uk">nicola@mywoodhouse.co.uk</a> or Lesley on 07703 358008 <a href="mailto:lesley@mywoodhouse.co.uk">lesley@mywoodhouse.co.uk</a> or 0114 2690222

## Other sources of dementia support

[www.sheffielddirectory.org.uk/dementia](http://www.sheffielddirectory.org.uk/dementia)

### Sheffield Memory Service

- Clinical helpline 0114 271 8585
- Weekdays, 8.30am – 11.45am and 1pm – 4.45pm



### Sheffield Carers Centre

- Sheffield Carer Advice Line, 0114 272 8362, weekdays 9am- 6pm
- <https://sheffieldcarers.org.uk/>
- Advice, support, Carers Assessments, Carer Discount Card, Legal Advice Service, planning for emergencies



### Sheffield Young Onset Dementia Hub

- Information, groups, activities and support for under 65s
- <https://www.ageuk.org.uk/sheffield/our-services/dementia-services/yoh/>



### Community Support Workers

- Central Referral Hub, 0114 205 7120
- <http://www.sheffield.gov.uk/csw>
- Non-medical support and advice, support to check benefits entitlements



### Alzheimer's Society

- National Dementia Helpline, 0300 222 11 22, including evenings and weekends
- <https://www.alzheimers.org.uk/>
- Free publications and factsheets, Talking Point (online community), Dementia Directory



### Dementia UK Admiral Nurses

- National Dementia Helpline, 0800 888 6678, including evenings and weekends
- <https://www.dementiauk.org/get-support/admiral-nursing/>



### Age UK Sheffield

- Information and advice, 0114 250 2850, weekdays 9am – 4.30pm
- <https://www.ageuk.org.uk/sheffield/our-services/info-advice/>
- Bookable and drop-in appointments, Independent Living Co-ordinators



### Sheffield City Council Adult Social Care

- Adult Social Care First Contact
- Call 24 hours a day, 7 days a week, 0114 273 4908



*Information contained in this document is correct at 15/04/2021 but is subject to change.  
Please use the contact details to check before attending any group.*