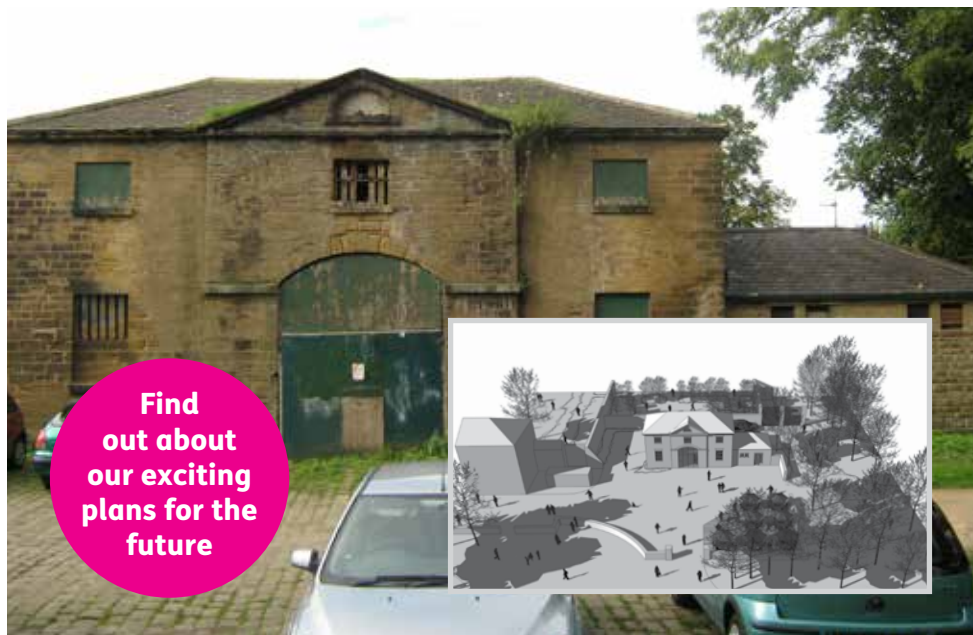


SUMMER 2018

MEMBERS' UPDATE



Find out about our exciting plans for the future

In this issue...



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Member offers



Members' Update is produced by Age UK Sheffield for Sheffield 50+ members and Friends of Age UK Sheffield.



Welcome to the summer 2018 edition of our newsletter

I'd like to tell you about an exciting project we are working on with Sheffield City Council to develop an older people's activity and resource centre. It's still at an early stage, but we are commissioning a viability appraisal, with a view to putting in a bid to the Heritage Lottery Fund, to convert The Old Coach House building in Hillsborough Park. It would be our space to deliver information and advice and dementia-friendly activities for older people. And it would also be a community café open to any member of the public.



If you have a view on this project – whether it be an expression of support, or a suggestion for how we might use the building – please let us know. Just call or e-mail using the contact details to the right. I'll keep you in touch with how the project progresses.

Voice

Ensuring older people's voices are heard is important to us, and we have run two events this year to

support that work. In January, I sat on a panel with Gill Furniss, the MP for Sheffield Brightside and Hillsborough, to listen to the concerns of older people who gathered in Sheffield Town Hall. A few weeks later, we co-ordinated a small focus group of people with concerns about the health and social care system, which was attended by Clive Betts, the MP for Sheffield South-East. If you want to have your say on issues affecting you, come along to our regular Sheffield 50+ meetings, the first Thursday in every month. Details on forthcoming speakers are elsewhere in this magazine.

Getting out there

During the past year, I've been delighted to get out and meet hundreds of older people by attending groups across Sheffield. I've visiting a number of care and nursing homes, the Sheffield 40-60 group, and church groups too. If you know of an older people's group who would like to hear a speaker from Age UK Sheffield, please get in touch.

Strategy

Finally, Age UK Sheffield is currently consulting on its new draft strategy for 2018-21. Like many charities, things are challenging for us, but we are developing plans which will hopefully ensure we are here for many years to come.

If you'd like to contact us for anything, just call (0114) 250 2850 or e-mail: enquiries@ageuksheffield.org.uk.



Steve Chu

Chief Executive, Age UK Sheffield

CONTACT US



Telephone:
0114 250 2850



E-mail:
enquiries@ageuksheffield.org.uk



Address:
Age UK Sheffield, First
Floor, South Yorkshire
Fire & Rescue, 197 Eyre
Street, Sheffield, S1 3FG



[@ageuksheffield](https://twitter.com/ageuksheffield)

Carer's Needs Assessments: is providing unpaid care having an impact on your life?



A carer is someone who provides unpaid care for a family member or friend due to an illness, disability mental health issue, frailty or substance misuse.

The Care Act in 2014 gives all carers the legal right to a Carer's Needs Assessment. This process provides an opportunity to discuss the support or

services you might need to help you in your caring role. It looks at how caring affects your life physically, emotionally and practically, and at whether you are able or willing to continue caring. They're carried out by the Sheffield Carers Centre, and are the gateway to accessing dedicated support. Susan, (66), recently underwent a Carer's Needs Assessment, and here is her story:

When Michael (69), was diagnosed with dementia, Susan felt that as his wife, she wanted to look after him for as long as possible. During a visit to her GP, Susan admitted she does “nothing but cry” about her situation. Her doctor then immediately referred her to the Sheffield Carers Centre, which provides support and information to people like Susan - all adult carers who provide unpaid care.

Michael refuses to let paid carers come in, so Susan manages as best as she can. When she was phoned up by a Carer Advisor, she discussed her situation at length and spoke about how her situation impacted her health, wellbeing, and ability to continue care. This is what this Carer’s Needs Assessment involves.

Through this, Susan had the opportunity to speak to a professional counsellor, and was given tickets from the Time for Break project to play bingo on Friday nights in. This made a big difference to her ability to get out of the house and see her friends again, raising her spirits and reducing her feelings of isolation. She also started attending the Carers Café, where she met other carers, which was a great source of support and advice for her.

Carer’s Needs Assessments have provided hundreds of unpaid adult carers with help and support that they need in order to increase their own wellbeing and maintain the sustainability of their caring situation. The process starts as soon as you make a contact with Sheffield Carers Centre, and can be as in-depth as your situation demands. Sheffield Carers Centre has an excellent team of Carer Advisors who are on hand to provide you with information about resources you can access, support groups you can attend and other ways to make your caring situation easier.



To contact Sheffield Carers Centre



Telephone:
0114 272 8362



E-mail:
support@
sheffieldcarers.org.uk

Get the support, advice or information you need. Anyone who is looking after a family member or friend due to an illness, disability, mental health issue, frailty or substance misuse is an unpaid carer, and are entitled to receive support. Don't miss out – get in touch today.

New online film tackles stigma around older drinkers



The number of people in the UK aged 50 plus experiencing alcohol-related harm is increasing.

The reasons for this are complex, but one of the main barriers to older adults getting help is the stigma around alcohol use.

A short film launched by Drink Wise, Age Well – a programme aimed at helping the over 50s make healthier choices about alcohol – looks at some of the key reasons older people drink, in a bid to generate better understanding of the tough later life realities that could lead any one of us to drink more than we should.

A major study for Drink Wise, Age Well when it was first established revealed that of those aged 50 plus who said they were drinking more now than in the past, retirement (40%); bereavement (26%) and loss of sense of purpose (20%) were the main reasons given.

The film is centred on four characters going through key life transitions that have triggered harmful drinking. Derek and Jackie are coming to terms with life after their children have left home, while Kevin has recently retired from running his own small business and grandmother, Liz, is having the pain of losing her husband compounded by family conflict arising from her main coping mechanism – frequent drinking.

Julie Breslin, Head of the Drink Wise, Age Well programme said,

“Increasing alcohol consumption in our ageing population has been well documented, but the reasons behind it less so. Approximately one in three older adults with an alcohol problem first develop it later in life, often for changes we will all go through. Retirement and bereavement can leave



older adults feeling isolated and drinking at home to cope.”

The thought-provoking film, shot in the style of a nature documentary, is called “Vintage Street”, and can be seen at www.drinkwiseagewell.org.uk where there is plenty of help and advice. In Sheffield, Drink Wise, Age Well also offer a range of community activities and groups for anyone aged over 50. If you are a Sheffield resident and would like to find out more or would like to speak to someone about your own or a loved one’s drinking call 0800 032 3723.

Where to get help in Sheffield for alcohol-related issues:

Drink Wise Age Well Sheffield

Telephone:
0800 032 3723

E-mail:
sheffielddrinkwiseagewell.org.uk

www.drinkwiseagewell.org.uk

Holistic support for older people’s issues:

Age UK Sheffield

Telephone:
0114 250 2850

E-mail:
enquiries@ageuksheffield.org.uk

www.ageuk.org.uk/sheffield

EVENTS CALENDAR

Here's our events guide for April to June. The next issue will be out in June and cover the June to September period.

Coach trips

NOTE: you must be a Friends of Age UK Sheffield member to obtain these discounts, and be able to present your membership card/quote membership number at the time of booking.

Royles Travel

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Royles Travel are offering Friends of Age UK Sheffield members **£2 off any of their day trips**. Here is small selection of their forthcoming trips:

Thursday 26 April, Harrogate Spring Flower Show. Usually £23, FOAUKS members £21.

Thursday 10 May, Louth (market day) and Skegness. Usually £25, FOAUKS members £23.

Monday 28 May, Three Festivals Tall Ships Regatta. Usually £29, FOAUKS members £27.

Saturday 2 June, Stratford-upon-Avon and Warwick (market day). Usually £26, FOAUKS members £24.



ROYLES
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www.roylestravel.co.uk

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Weekend Breaks & Day Excursions**

Telephone for Brochure & Special Offers

**114 Tunwell Avenue - Ecclesfield - Sheffield - S5 9FG
T. (0114) 245 4519 - M. 07831 192631**

To see all the Royles 2018 day trips, visit www.roylestravel.co.uk, or call **(0114) 245 4519**. Or pick up a brochure from the Age UK Sheffield office.



Maxfields

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Maxfields have four **exclusive offers only for Friends of Age UK Sheffield**, as follows:

Saturday 28 April, Whitby and Filey. Usually £16.50, FOAUKS members £14.

Sunday 20 May, Howarth War Weekend. Usually £16.50, FOAUKS members £14.

Tuesday 19 June, Bakewell Market and Buxton. Usually £15, FOAUKS members only £10.

Saturday 21 July, Historic Lichfield. Usually £16.50, FOAUKS members £14.

For further details and to book, call **(0114) 287 2622**.



Tour of Sheffield Town Hall

Wednesday 6 June

9.15am-11am

Booking in advance is essential as places are limited.

Meet the newly-appointed Lord Mayor and have a full tour of the Town Hall, including the Council Chambers and Lord Mayor's Chambers.

This tour is being delivered by our friends at Drink Wise, Age Well. To book your place, contact them on **0800 032 3723**.

Internet drop-in sessions

Come and learn how to use technology with our friendly volunteers. They'll help you make sense of email, the internet, even video chatting with family and friends. No

booking required, no enquiry too trivial!

Virgin Money Lounge

Fargate, every 3rd Thursday of the month



Thursday 19 April

Thursday 17 May

Thursday 21 June

1pm-3pm

Sheffield Central Library

Fortnightly on Fridays

Friday 20 April

Friday 4 and 18 May

Friday 1 and 15 June

(no session on 29 June)

9.30am-11.30am



Totley Library

Fortnightly on Wednesdays

Wednesday 11 and 25

April, 9 and 23 May, 6 and

20 June

2pm-4pm

Sheffield 50+ monthly meetings (open to all Friends of Age UK Sheffield members)

The first Thursday of every month at the South Yorkshire Fire & Rescue HQ

1.30pm-3.30pm

Thursday 5 April – Margaret Kilner from Healthwatch Sheffield.

Thursday 3 May – Sharon Hinchliff from University of Sheffield; Paul Taylor from Sheffield City Council customer services.

Thursday 7 June – Pauline Kimantas from Sheffield Carers Centre (provisional).

Coffee mornings at Crucible Corner Café

Every Tuesday

11am-12pm

Coffee mornings are proving to be really popular, and take place every Tuesday. New members are especially welcome! Join us for a hot cuppa and good company in the city centre.

Venue: Crucible Corner Café

Coffee mornings at Woodseats Library

Every Wednesday

11am-12pm

You are welcome to join our new coffee morning, every Wednesday at Woodseats Library. New members can just turn up and make new friends.

Venue: Woodseats Library

Events in Dore and Totley

Various events

Through our leadership of the local “People Keeping Well” partnership, we have established several new groups in the Dore and Totley area:

- Sporting Memories group – join us fortnightly at Totley Library/CRIC on Thursdays from 10am-12pm for some laughs, a great quiz, and discussion around current sporting events. Feel free to bring in your sporting memorabilia to show. Open to anyone aged 50 or over. Sessions on Thursday 12 and 26 April, 10 and 24 May, 7 June.
- Life Stories – if you’re over 50 and would like to work with others on group art and craft projects, make friends, and create your



own memory book, you’ll love Life Stories. This will run fortnightly on Saturdays at Totley Library/CRIC from mid-April (1pm-3pm). Please contact Age UK Sheffield on **(0114) 250 2850** or enquiries@ageuksheffield.org.uk to book your place.

- Target Fitness Classes and Table Tennis – starting soon. Contact Age UK Sheffield on **(0114) 250 2850** or enquiries@ageuksheffield.org.uk to express your interest.

Events in Woodseats and Graves Park

Tea dances

Saturday 14 April and Saturday 16 June

2pm-4pm

Admission £3. Dance and listen to music and relax. Come dressed to impress or just as you are, all are very welcome. Tea/coffee and biscuits available. Sponsored by Sheffield 50+ Graves Park Forum. No need to book, just turn up.

Venue: Woodseats Methodist Church, Holmhirst Road, S8 0GU.

Sheffield 50+ Graves Park Forum

Wednesdays 11 April, 9 May, 13 June

6.30pm-8pm

If you are interested in what’s happening in your area. Please come to the Forum on the second Wednesday in every month. No need to book, just turn up!

Venue: Mount View Methodist Church, Derbyshire Lane.

SPECIAL EVENT

Graves Park Forum special event at Mount View Methodist Church

Monday 23 April

7pm-9pm

Listen to the life of JG Graves, who donated over £1m to the city of Sheffield in the early 20th Century.

Venue: Mount View Methodist Church, Derbyshire Lane.



Events at the Virgin Money Lounge on Fargate

Book group

First Tuesday of every month

11am-12pm

Knit and natter group

Second Tuesday of every month

10.30am-12pm

Drop-in session with Police Community Support Officers

Fourth Thursday of every month

10am-2.30pm

Silver anniversary

7-12 June

Sheffield Doc/Fest returns for its 25th year from 7-12 June. If you're interested in volunteering to help the event run smoothly, and make sure it is accessible for older people, contact helen.wright@sidf.co.uk.

Dementia Dance Event

Friday 13 July

Mode: DEFAULT is a project being delivered by Hype Dance and funded by Arts Council England that explores current research in to dementia and its effect on the mind and body.



Hype will engage people living with dementia in dance workshops, to culminate in a live final showcase in Sheffield in July.

The project will conclude with an event which comprises a contemporary dance theatre performance, video projection showing the community outreach work and a presentation of current research findings, plus Q&A with the team. If you are interested in attending, please contact: beverley@hypedance.org.uk

Creswell Craggs promotion

Every Wednesday

Every Wednesday for people aged 60 or over – 20% off in the café. Admission to the Craggs is free, although there is a £3 all day parking charge (blue badge holders are free). A cave tour to see 13,000 year-old rock art is £7.50 for concessions.

STAFF PROFILE

Cody McGrath

In this issue, we meet Cody, our former apprentice who is likely to be the first person you talk to when ringing Age UK Sheffield.

Tell us a bit about your role at Age UK Sheffield?

I am the first point of contact administrator here at Age UK Sheffield, also known as the receptionist. I manage the main switchboard phone dealing with telephone queries and passing them across to the correct person. I also meet and greet customers into the building bringing them up to the office.

How long have you worked here? How did you first start working here?

I have been working

here two years in July. I first started out as an apprentice for a year as I was studying business

and administration Level 2 at the Sheffield City College alongside working here full-time. After my course was successfully completed Age UK Sheffield kept me on as a full time member of staff, which I was so happy about!

What sort of customer queries do you receive?

I deal with all sorts of queries while on the main switchboard, mainly it will be older people or their families who are looking for support. I really like being able to help point them in the

right direction – either through my colleagues here at Age UK Sheffield, sending information or signposting towards the organisations who can solve their problems.

What is the most rewarding part of your role?

The most rewarding part of my job is knowing that I can help people and that I have possibly made someone's day by being at the other end of the phone when they need to hear a friendly voice! Age UK Sheffield is a great office to work in and it's





really nice to know that everyone here has the same aim to help older people get the most out of life.

Do you have any older family members?

Yes I am lucky enough to have both my grandmas and grandads and even great-grandparents! My grandad does have dementia, with Lewy Bodies syndrome, which gives me an insight into some of the memory issues that can affect older people.

Tell us a funny story about something that

happened to me at work?

Sometimes it can be very difficult to hear or understand the things customers say on the telephone. Last week I asked colleagues whether they had heard of Spank Road in Sheffield, when really it was East Bank Road (easy mistake to make). I really hope that the photos for this article come out okay because last time I was featured on the website I was upside down! (It did give me the chance to help show one of our volunteers how to rotate an image).

Speak to Cody or another member of the team

Talk to us or visit us at Age UK Sheffield's city centre office. Phone **(0114) 250 2850** or call in to the Fire Service Headquarters on Eyre Street (across the road from the Moor Market). From 1 April our walk-in service for insurance products will be re-opening on Fridays, so will be open five days per week.

Membership offers



Dance for the over 60's at Hype Dance Company

Every Wednesday, 11-12

First Class Free!

This gentle class aims for you to have fun while getting fitter, meeting new people and increasing your mobility, flexibility & co-ordination. No dance experience is needed.

Call **0114 275 8503** or email info@hypedance.org.uk. Class located at 60 Upper Allen St, S3 7GL.



Swim and sauna for free!

We've teamed up with Nuffield Health, off Ecclesall Road to organise a free 14 consecutive day pass for our members, and you have the option to bring a +1!

Facilities include...

- 25m Swimming Pool
- Sauna, 3 Jacuzzi's and Steam Room
- Fully equipped and air-conditioned gym
- Over 100 classes per week
- On site medical centre with fully qualified GPs and Physios
- Beauty salon
- Café

For further information, call **0114 276 5333** or email jack.smith@nuffieldhealth.com



Daybell and Choo

15% discount for members. The promotion can be used for spectacle purchases in-store or through the home eye care service.

Daybell and Choo, 290-294 Sharrow Vale Road, Sheffield S11 8ZL

0114 267 1828
info@daybellchoo.co.uk

Mobile service: Mann

Opticians – eye care in your home

01226 872 060
info@mannopticians.com

Daybell and Choo Audiology

Daybell and Choo Audiology are offering a promotion for members, including both in-store and mobile audiology services. The package includes:

- Free audiology assessment in store or at home
- 20% discount on hearing aids (in store or via the mobile service)
- 5% of profits generated from sales will be donated to Age UK Sheffield

Daybell and Choo Audiology: Stephen Sanderson RHAD

0114 267 1828 / 01302 719 284
www.acousti-care-hearing.co.uk



Drink Wise Age Well

Free walking football sessions at Concord Leisure Centre every Thursday at 6.45pm.

To book, call
0800 032 3723



Slater and Gordon Lawyers

Free 1:1 legal advice appointments on:

- Wills – writing them, changing them, other people's wills
- Sorting out the estate of someone who has died
- Inheritance Tax questions
- Trusts – setting up, running one, using Trusts to protect vulnerable family members or safeguarding family assets
- Powers of Attorney – making them, registering them, using them
- Acting as somebody's

attorney/administrator/secretary

- Mental Capacity issues and Court of Protection applications
- Long term care fees – funding criteria and protecting assets
- Transferring the family home (usually to children or grandchildren)

Call Age UK Sheffield on **0114 250 2850** to book an appointment

John Lewis

John Lewis

Members can claim a £50 John Lewis voucher*, after purchasing a laptop or tablet from the Barker's Pool store. To redeem the offer, simply send proof of your purchase to Age UK Sheffield.

*Limited supply, first come, first served.



Redbrik Estate Agents

20% off all estate agents' fees. To redeem this offer, simply quote "Age UK / Redbrik" when you

Speak to book a free valuation. Redbrik sells homes across Sheffield and has branches at

Crystal Peaks:
0114 361 1000 &
Millhouses:
0114 399 0567



SSB Law

Write your will for just £25. SSB Law has reduced the cost of a will for Age UK Sheffield members. This price applies to a simple will (fixed prices can be given for more complex matters). Home visits are available.

Freephone **0800 433 2255** to take up the offer.



Greensleeves Lawn Care

NEW OFFER

Free consultation and 20%. Get a free lawn consultation with Greensleeves Lawn Care

(South Sheffield), and get 20% discount on your first year. To claim this offer, simply phone (0114) 245 6539 or e-mail: southsheffield@greensleeves-uk.com



The AgeUK LifeCARD

Offer available within the following Sheffield post code areas: S7, S8, S9, S10, S11, S12, S13, S14, S17, S18.



Virgin Money

Our friends at the Virgin Money Lounge are offering a free one day pass, for their fabulous Lounge on Fargate. If you're in the city centre, pop in to enjoy free tea & coffee and a read of the papers. Simply present this article at the front desk and a member of the team will sign it to say you've redeemed this offer. **Please note this offer can only be used once, and has changed since the last edition of this magazine.**

In order to access the lifeCARD, all customers need to provide their AgeUK card at the point of purchase. We are pleased to confirm the following across our sites:

- **Discounted Swimming** – Age UK LifeCARD holders can swim weekdays at **any** SIV pool before 3.30pm for a discounted rate.
 - Ponds Forge Only – £2.50 Dedicated Age UK - Wednesdays 10am-11am & Fridays 12pm-1pm.
- **Café Discount** – 15% off selected food and beverages at the foodetc café at Concord Sports Centre, EIS Sheffield, Hillsborough Leisure Centre and Ponds Forge.
- **Up to 20% discount** – off a wide range of sport and leisure activities across the city.
- **Access to discounts and offers** – from SIV and their partners
- **Variable swimming prices** –

Pool	Offer
Ponds Forge	LifeCARD £4.65 Age UK LifeCARD Session £2.55
Heeley Pool, Springs Leisure Centre, Westfield Sports Centre & Concord Sports Centre	£3.85 for casual swim with Any LifeCARD Over 60 rate £2.55 with any LifeCARD
Hillsborough Leisure Centre	£4.65 with any LifeCARD

All first time Age UK members have the opportunity to receive a free lifeCARD with loaded free activities.

This offer has been funded by Sheffield City Trust, a charity whose primary role is to benefit the health and wellbeing of the people of Sheffield. SIV is the operating arm of Sheffield City Trust.

All offers can be redeemed Monday-Friday before 3.30pm. The Age UK LifeCARD is free and is open to all new members of The Club even if you already have an existing LifeCARD.

Age UK LifeCARD holders have 6 months to use the following free offers from the date they receive their card:

- **Free swimming** – swim for free 4 times at Concord Sports Centre, Heeley Swimming Pool, Hillsborough Leisure Centre, Ponds Forge or Springs Leisure Centre.
- **Free fitness classes** –take part in 4 classes at Concord Sports Centre, EIS Sheffield, Hillsborough Leisure Centre, Ponds Forge, Springs Leisure Centre or Westfield Sports Centre. They can be the same class, or different ones, it's up to you.
- **Free tea dance** – you are entitled to one free entry to the tea dance at Sheffield City Hall on a Tuesday or Thursday – dates vary.
- **Free Golf** – enjoy a free 18 hole round of golf at Beauchief, Birley Wood, Sinfin (Derby), Tinsley Park or Tapton Park (Chesterfield) golf courses. The discount is for the green fee only.

Other Offers

Kelham Island Museum

is offering members a discounted entry fee. Simply present your membership card on arrival to claim your discount. The Museum is always looking for volunteers to help out, so if you fancy helping out for a few hours a week at one of the city's finest industrial heritage sites, call Age UK Sheffield and we'll put you in touch with the museum.

Sheffield Doc/Fest – Volunteering opportunities

Whether you're a fan of documentaries, like helping people or if you're looking for something rewarding to do, Sheffield Doc/Fest has a wide range of volunteering roles for you. It's one of the world's largest film festivals, attracting visitors from across the globe over five days. No experience is necessary, and the festival organisers are actively seeking older volunteers to help out. If you are interested in getting involved, call Age UK Sheffield and we'll do the rest!

NEWS IN BRIEF

Try our new website

There is loads of information for older people in Sheffield on the new Age UK Sheffield website. Visit www.ageuk.org.uk/sheffield. If you've never been online, pop along one of our digital drop-in sessions to get you going. See the back page for more details.

Got a room to spare?

We're working with the University of Sheffield on a project to explore the potential for shared housing to help to reduce loneliness among older people. If you live alone and would be interested in giving us your views, contact us on the normal phone number and e-mail address.

Our new kidney service

We've launched a brand new advice service in partnership with Sheffield Area Kidney Association

(SAKA). Age UK Sheffield advice workers are providing dedicated one-to-one support for renal patients at the Northern General Hospital, in a project that is funded by SAKA. Appointments are available on Tuesdays by contacting Age UK Sheffield on the usual phone number.

New Trustees

Age UK Sheffield has appointed four new Trustees to its charity Board, plus two new independent Directors of its trading arm. To find out more about our charity and governance structures, and to read our Annual Report, visit the "About Us" section of our website.

In your 70s?

If so, you may be eligible to be immunised against shingles, as part of a national NHS programme. For further details, visit your local GP.

Free audiobook and a £10 voucher

Get your hands on a £10 gift voucher just for taking part in an arts and wellbeing study. Arts Council England and local arts charity Ignite Imaginations are carrying out a research project to assess the impact of listening to audiobooks on wellbeing. Volunteers will be given an MP3 player and audiobook at a short face-to-face meeting with the research team and will be asked to report back on their wellbeing using questionnaires.

They will then be given a £10 Love2Shop voucher. If you're interested, please contact: Giulia via e-mail: g.porio@sheffield.ac.uk or by calling 0114 222 6544. Participants from Darnall, Manor and Firth Park are particularly sought-after.

Sheffield 50+ monthly meetings



Come and have your say on issues affecting older people in Sheffield, and make sure your voice is heard.

The first Thursday of every month, 1.30-3.30pm, at the South Yorkshire Fire & Rescue HQ:

Venue	Date
Margaret Kilner from Healthwatch Sheffield	Thursday 5 April
Sharon Hinchliff from University of Sheffield; Paul Taylor from Sheffield City Council customer services	Thursday 3 May
Pauline Kimantas from Sheffield Carers Centre (provisional)	Thursday 7 June

FREE digital drop-in advice



Do you need a little help using the computer or getting online? Got an e-mail issue? Or would you like to learn to Skype your family?

Come and ask our friendly volunteers at our regular internet drop-in sessions.

Venue	Date	Time
 Virgin Money Lounge, Fargate, third Thursday of each month NEW VENUE	19 April, 17 May, 21 June	1pm-3pm
Totley Library, fortnightly on Wednesdays	11 and 25 April, 9 and 23 May, 6 and 20 June	2pm-4pm
Sheffield Central Library, fortnightly on Fridays	20 April, 4 May, 18 May, 1 June, 15 June (no session on 29 June)	9.30am-11.30am