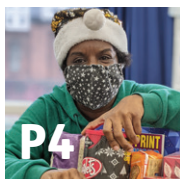


SPRING 2021

# MEMBERS' UPDATE



## In this issue...



P4

A big festive thank you



P6

Your mental health and wellbeing



P12

Meet the Team!



P16

Covid vaccine Q&A



P18

Feeling down



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

---



# Hello to you all, and Happy New Year.

I am sure we are all hoping that 2021 will be better for all of us than 2020 was. I hope and expect that, by now, some of you reading this have been invited to receive the vaccine we have all been waiting for.

We know that lots of people have questions about it and so we have included lots of helpful information in the form of “FAQs” on pages 16 and 17. Fingers crossed, we may get back to some kind of normality in the coming weeks.

## Membership

In view of the year we have had, and the fact that it simply hasn't been possible to take advantage of some of the benefits which should be enjoyed by Friends of Age UK Sheffield, I have taken the decision to waive the membership donation for this year. You are therefore receiving this magazine even if you did not renew your membership in autumn 2020. For those of you who have already paid your £12 donation, thank you so much, we really appreciate this and we will roll this over to give you free membership from September 2021 to September 2022. It seems the fairest thing to do given these difficult circumstances.



### Coach House

By the end of 2021, I am hoping that one of your membership benefits will be discounts in our new Coach House café in Hillsborough Park. Building work should begin on the site in February/March, and I am hoping that we'll be able to open in autumn 2021, touch wood.

We will also be operating two other buildings on site, providing a wide range of activities, arts, and crafts. I hope to see you there!

Best wishes,

### 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



facebook.com/  
ageuk



@ageuksheffield

## A big festive thank you

Over the festive period, we were so grateful to receive so much help and support from lots of amazing volunteer, fundraisers and donations. We wanted to share our gratitude with some big “thank yous!”

Firstly, a huge thank you to Artworks South Yorkshire, who donated food and created 20 lovely, hampers to donate to older people who are isolated in Sheffield. Artworks South Yorkshire is a non for profit creative arts organisation, inspiring and helping adults with learning disabilities to achieve their potential and develop important life skills through creative workshops and placements. Our independent living coordinators delivered the

hampers to some of the people we support and it has definitely brought lots of big smiles to their faces!

The next thank you is to Badger Woodland Crafts, who are one of the wonderful local makers that sell their products in our independent maker’s section in our Bradway charity shop. Badger Woodland Crafts, held a Facebook auction, selling their lovely creations to raise money for our charity. The auction was a huge success and they raised an amazing £200! Thank you so much to this wonderful small business. We want to say a huge thank you to fabulous fundraiser Anita, who is a carer for one of our wonderful Wellbeing Centre members. Anita kindly made and sold beautiful festive face-masks to raise an amazing £429 for our charity’s Wellbeing Centre.



Thank you so much! If you’d like to find out more about our Wellbeing Centre, there’s a wonderful short and sweet video all about it which you can watch over on our YouTube channel

Last but not least - A big thank you as well to the Sheffield Sky team for writing some lovely Christmas cards for older people across Sheffield. These were delivered to the people we are in touch with who we knew might be feeling isolated or lonely over Christmas. They also gifted us some soap, hand cream and woolly socks which have been gifted to some of

the lovely people we support who are living with dementia and their carers.

If you're interested in fundraising or donating to help support our charity to support more older people across Sheffield, please do not hesitate to get in touch with us and let us know!

Or take a look at: Our fundraising page - full of fun and exciting ideas!  
[www.ageuk.org.uk/sheffield/get-involved/fundraising/](http://www.ageuk.org.uk/sheffield/get-involved/fundraising/)

Thank you to everyone who has helped us through the festive period, and through what was a difficult year! We couldn't do what we do, without you.



Images are of the brilliant Artworks SY members wrapping donations.

## Scams

We wanted to make you aware that, unfortunately telephone, email and text message scams are still prominent. An example of a current scam that Derbyshire police are warning of is a fake NHS text circulating, telling people they're eligible for a COVID-19 vaccine.

The text contains a link to a fake NHS website, where fraudsters are attempting to coerce people into divulging personal information. If you are ever unsure of the legitimacy of a text message, phone call or email, please do call us on **0114 250 2850** and we will help you to confirm if it is legitimate or not. It's always better to be safe and remember:

- Do not open attachments or click on links in emails or texts from senders you don't know.
- Never give out personal information, financial details or passwords in response to an email, text or phone call without verifying that the person is who they claim to be.

# Your mental health and wellbeing

We know times are really tough at the moment for so many of us during the ongoing Covid-19 pandemic and this third national lockdown. It's important to look after yourself and your mental health as much as you can during this difficult time. We have collected together some really helpful info about the services provided by Sheffield Mind, the local Mind mental health charity.

## **Sheffield Mind Service: Listening Line**

The Listening Line phone support service was set up to take calls from people aged 50+ who were isolated, anxious or lonely as a result of the pandemic.

The phone line has been growing in usage month on month and so it has now been opened up to adults of all ages. The Listening Line offers a weekly call of up to half an hour, for people who have been affected by the pandemic e.g. if they are feeling isolated, anxious, lonely or shielding. It operates Monday to Friday, 10-4pm.

To speak to a friendly and understanding Listening Line operator, please phone **0114 312 2209** or if you'd prefer the service to phone you, email [info@sheffieldmind.co.uk](mailto:info@sheffieldmind.co.uk) to arrange a call-back.

## **Sheffield Mind: Lock Down Life webpage**

Sheffield Mind have a webpage that contains stories from people across Sheffield about how they are managing with lock down life and things they have done to look after their mental wellbeing. You can go to their website and choose from different people's stories to read. Simply visit the website:

[www.sheffieldmind.co.uk/Pages/Category/lockdown-life](http://www.sheffieldmind.co.uk/Pages/Category/lockdown-life)

## **Self Help Tips, and Wellbeing Toolbox**

Sheffield Mind also have a webpage full of lots of brilliant ideas, information and ways to support your wellbeing. From advice for getting a good night's sleep, staying fit and healthy at home to controlling your anger during lock down and being a tourist in your own town. All of these ideas can be found on their website:

[www.sheffieldmind.co.uk/Pages/Category/self-help-tips](http://www.sheffieldmind.co.uk/Pages/Category/self-help-tips)



### **The Ripple Effect - Bereavement support**

The ripple effect is a bereavement support service provided by Sheffield Mind. It is designed to enable people to access emotional and practical support after the loss of a loved one. If you are interested in the service and would like to find out more, contact Project Coordinator Janet Browse on [0114 258 4489](tel:01142584489) or email [Ripple@sheffieldmind.co.uk](mailto:Ripple@sheffieldmind.co.uk) for

further information and a referral form.

### **Anger Management Courses**

Sheffield Mind offers both a men's and women's anger management course. The courses run for 6 weeks, with sessions taking place for two and a half hours a week via Zoom. They are free to attend. In order to be considered for the course, you will be required to complete and return an online referral

form. To find out more about the courses and how to self refer, please visit: [www.sheffieldmind.co.uk/womens-anger-management-group](http://www.sheffieldmind.co.uk/womens-anger-management-group) for the women's course (currently full but due to be run again in Spring) or [www.sheffieldmind.co.uk/anger-management](http://www.sheffieldmind.co.uk/anger-management) for the men's course.

# EVENTS TIMETABLE

Information about accessing these activities can be found under the weekly table (page 9). All of these activities are free of charge and everybody is welcome to join them.

## Mondays

### Gentle Circuits

---

**10am** every week – delivered by CWS.

### Monday Coffee Morning

---

1st and 3rd Monday of each month – delivered by SMG.

### Cosy Creatives

---

Every Monday **2-3pm**. Online Creative writing sessions hosted by Anne for PKW. Great for anyone interested in writing, being creative & meeting other people online. No previous writing experience necessary and carers very welcome! Sessions are delivered by art therapist Anne and begin with a look at & discussion about a piece of writing based on a new weekly theme (a poem, short story or memoir extract). Then there'll be individual writing tasks, or a group poem written together (depending on what the group wants to do!) Sessions finish by reading our individual pieces

New

of writing or reading out the group poem, and coming up with ideas for the following week's theme.

### Memoir Writing – it's your story

---

Begins 10 February, 10 week course, every Monday at **12pm - 2pm** – delivered by Kathryn Reaney (professional journalist) - Provided by PKW. Book on now!

New

The aim of the workshop sessions is to get you writing your own life story. We aim to be a positive space for creativity that will get you thinking about experiences and the stories you have created along the way. We are deliberately staying away from a discussion or reflection of Covid, fully aware of the impact that the pandemic is having on mental health and wellbeing. This will be a Covid-free space. Topics we will cover include: What makes a good story, difficult memories, what is a memoir, tackling the blank page, how do you

get hold of your memories, publishing and finding an audience.

## Tuesdays

### Zumba Gold

---

**10am** every week – delivered by CWS

### Singing Teapot Choir

---

**10.30am-11am** – 2nd and last Tuesday of every month. Recommencing in March 2021 following a Winter break – delivered by Yo Tozer loft and provided by PKW. Get in touch to submit your interest now.

### Dore and Totley Rosemary Memory Café

---

**3pm - 4.30pm** every week. Online chat, quizzes, live singers and more, created for people living with Dementia and their carers – delivered by Josee and provided by PKW.





## Wednesdays

### Carers Café

**10am** – 1st and 3rd Wednesday of every month – delivered by SCC.

### Strength and Balance

**10am** every week – delivered by CWS. Can be chair based.

### Inclusive chair based exercise and conversation group

**1.15 -2.30pm** – every Wednesday via Zoom. To keep you feeling active,

healthy and connected to others. For carers and cared for adults with a mild/moderate learning disability and/or autism. Provided by SMG Sheffield Mencap and Gateway.

## Thursdays

### Short Stories

**2pm** – takes place on the 2nd Thursday of every month. Listen to a story or bring your own to share. Delivered by SCC.

### Gentle Circuits

**10am** every week – delivered by CWS

## Fridays

### Mindfulness

**10am** every week – delivered by CWS.

### Carers Café and Quiz

**10am** – takes place on the 1st and 3rd Friday of every month – provided by PKW.

### Connecting with Nature for Wellbeing

**10.20am - 11.30am** every week – delivered by Horticulturist Caroline Cook – provided by PKW.

New

## How to join the activities

To find out more information, access or book to join any of the sessions listed above, simply see who the session is provided by and then contact the relevant team via the details listed below:

- **CWS (Community Wellness Service)**  
Call 0114 553 7807
- **SCC (Sheffield Carers Centre)**  
Email [jan@sheffieldcarers.org.uk](mailto:jan@sheffieldcarers.org.uk)
- **SMG (Sheffield Mencap and Gateway)**  
Contact carers outreach project workers, Katie 07447 391437, or Ellie on 07735 316347 or email [cope@mencap.org.uk](mailto:cope@mencap.org.uk)  
Please note: These sessions are for unpaid carers and the person they care for (created for adults with mild to moderate learning disabilities/autism).
- **South West Sheffield PKW (People Keeping Well)**  
Contact Joanna Woodward (Community Development Officer) [woodward@ageuksheffield.org.uk](mailto:woodward@ageuksheffield.org.uk) or call Age UK Sheffield on 0114 250 2850.
- **Josee**  
Email [rollet@ageuksheffield.org.uk](mailto:rollet@ageuksheffield.org.uk) or call 07852 291830
- **Caroline Cook Horticulturist**  
Email [info@gardeningwithcaroline.co.uk](mailto:info@gardeningwithcaroline.co.uk) or call Age UK on 0114 250 2850.  
Visit [www.gardeningwithcaroline.co.uk](http://www.gardeningwithcaroline.co.uk)
- **Kathryn Reaney**  
Email [reaneywrites@gmail.com](mailto:reaneywrites@gmail.com) or call 07854 751932

**Please note:** all of our activities are currently being delivered on virtual platforms such as zoom. Please contact the activity provider if you require assistance, or guidance to access Zoom and get online.



### Third Bite Dance Project

Third Bite Dance Project is an exciting new online performance project which celebrates the voices and identities of people aged 50+ in Sheffield.

There are 4 fun and friendly online taster workshops for the project on Tuesday afternoons in February:

**2 / 9 / 16 / 23 February 2021**  
**2pm - 4pm on Zoom**

(free to attend & no dance experience necessary)

If you enjoy the workshops, you can join the free online creative movement sessions on Tuesday and Thursday afternoons in March to create and perform in the Third Bite Dance film.

To find out more about the project and sign up for the workshops, please email Lucy at [50cdsheffield@gmail.com](mailto:50cdsheffield@gmail.com) or visit our website: [www.50contemporarydancesheffield.com/third-bite-dance](http://www.50contemporarydancesheffield.com/third-bite-dance)

## MEET THE TEAM

# Jo Marshall

Jo Marshall is one of our Independent Living Coordinators and a Dementia Advice Officer who has worked as part of the Age UK Sheffield team for just over two years now.



### **How would you describe your job role?**

Very varied and interesting! From helping professionals with enquiries about people living with dementia to supporting people through our different services such as our ILC Macmillan and Porter Valley in Touch service.

### **What did you want to be when you were younger?**

Originally, a window dresser, then as a teenager I got a Saturday job as a florist and my direction changed. I withdrew from the art course and started taking

qualifications in Floristry until I achieved every qualification available in Europe.

### **Has the impact of the pandemic taught you anything?**

To look after family and friends' mental wellbeing and be aware of their social isolation. Oh and to remember to look after mine as without that I am unable to help the people I love.

### **If you weren't working in this role, what do you think you would be doing?**

I could say working with

flowers but after many years, I have realized the cold environment isn't for me! So probably spending a lot of time in France undertaking coastal walks with my husband, which is one of my favourite things to do.

### **What is the one thing you wish your friends knew about your work?**

How privileged I feel to be able to help others and how hard people in the Charity sector work to support others. I think many people don't realise the amazing work charities do until they need them themselves.

### **What's your favourite thing about your role?**

Having the time to visit people in their homes to support them. Then witnessing the positive impact our support makes in their lives and going home with a smile on my face knowing that we've made a difference. My ambition would be to bring this positive impact to everyone in the world.

### **You played a key role in organising the 3,298 essential food parcels deliveries last Summer. What was that experience like?**

It pulled on all my past organizational skills to ensure all the parcels went out on the right day to the right person with the right volunteer, however I couldn't have organised this without the amazing team behind me; the AUKS team and the team at St Mary's and all the wonderful volunteers who gave up their time

week in week out to help.

### **Tell us a fact about yourself that surprises people?**

I donated my kidney (now named Sidney the Kidney) to my husband and hopefully saved his life.

### **You're taking on a fundraising challenge, tell us about that!**

I like many others have eaten and drunk too much during the lockdowns and with an added shoulder injury I haven't been able to exercise. I needed inspiration to get fit and lose a few pounds, so seeing the Age UK "run your age" challenge to raise funds for the charity was the push I needed. I don't want to reveal my age but I will say I decided to run my age in kilometers rather than miles as it was definitely the shorter option of the 2. Here's to completing the challenge!



You can find out more about our independent living coordination service by visiting our services page for more information and a video where we hear from five different people who have benefitted from the ILC service:

**[www.ageuk.org.uk/sheffield/our-services](http://www.ageuk.org.uk/sheffield/our-services)**



# Membership offers

Similarly to the affect that Covid-19 and government restrictions have had on activities available across Sheffield, there are also a reduced number of membership offers available due to buildings and offices being closed at the moment.

## John Lewis

Members are entitled to a £50 voucher for John Lewis. (Reimbursement of computer purchase, available once during membership - conditions apply) contact us to find out more.

## John Lewis

### Discounts from solicitors

Keebles – 15% off fees relating to Wills or lasting Power of Attorney. **0114 276 5555**.

Best Solicitors – 20% off all services. **0114 358 3134**.

Howells LLP – 15% off on Wills and Lasting Power of Attorney cases. **0114 249 6666**. (Dementia Friendly Trained).

## Greensleeves Lawn Care

Get a free lawn consultation with Greensleeves Lawn Care, and get 20% discount on your first year.

To claim this offer, phone **(0114) 245 6539** or email: southsheffield@greensleeves-uk.com

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



## Self-Guided Sheffield Heritage Walks

Explore Sheffield city centre with two self-guided heritage walks with a treasure hunt theme. Enter code

**“Sheffield25”** at the checkout for a 25% discount. Simply visit **[curiousabout.co.uk/Sheffield](http://curiousabout.co.uk/Sheffield)**.

### Useful contacts:

#### Age UK Sheffield:

0114 250 2850

#### Sheffield City Council Community helpline:

0114 273 4567

(open 7 days a week 8.45am to 4.45pm)

#### Sheffield Mind:

0114 258 4489

#### Sheffield Carers Centre:

0114 278 8942

#### Asthma UK:

0300 222 5800

#### The British heart Foundation:

0300 330 3311

#### Diabetes UK:

0345 123 2399

## Outdoor spaces to visit

We may be in another lock down but it is still important to get outside if we are safely able to do so. We are still allowed to go outside once a day to exercise with one other person (correct as of 11.01.21). Because of this lots of people are making the most of some of the 800 green spaces we are lucky enough to have across Sheffield. However, some parks are becoming overcrowded with people, which make it harder to adhere to social distancing.

So instead of visiting popular spots such as Endcliffe, Millhouses, Graves and Forge Dam parks, why not try somewhere new for a walk? Here are a few ideas of places to visit. You could even download various activity sheets such as leaf collecting and identifying bird calls, bug and insect hunts and many more for your walk from websites such as:

**Sheffield and Rotherham Wildlife Trust:**

[www.wildsheffield.com/discover/your-community/wild-at-heart/resources-to-explore](http://www.wildsheffield.com/discover/your-community/wild-at-heart/resources-to-explore)

**RSPB:** [www.rspb.org.uk/fun-and-learning/for-families/family-wild-challenge/activities](http://www.rspb.org.uk/fun-and-learning/for-families/family-wild-challenge/activities)

**Meersbrook Park** – see Bishop’s House (from the outside), have some fun on the playground, or just go to take in the fantastic views of Sheffield.



**Shirebrook Valley** – enjoy long nature walks, rides and lovely wildflower meadows, as well as spectacular views when you reach the top. With links to the Trans Pennine Trail to extend your route through local trails and woodlands.

**Cholera Monument**

– you’ll find a great, accessible woodland walk and links to Norfolk Heritage Park, plus fantastic views of the city centre.

**Parkwood Springs** – a perfect combination of good woodland walks and fabulous city views.

For more info about access to parks, please visit: **[sheffnews.com/news/discover-sheffield-s-hidden-gem-parks-woodlands-and-green-spaces](http://sheffnews.com/news/discover-sheffield-s-hidden-gem-parks-woodlands-and-green-spaces)**

# Covid vaccine questions

Understandably, people have lots of emotions and questions about the Covid vaccine, here are some of the most common questions, answers and key pieces of info to know.

**Remember: The vaccine is only available on the NHS, and you will never be asked to pay for it or to provide your bank details. Anything that suggests otherwise is a scam. Also remember that:**

- The NHS will never arrive unannounced at your home to administer the vaccine
- The NHS will never ask you to prove your identity by sending copies of personal documents

## Are the vaccines safe?

The UK regulator and Joint Committee on Vaccination and Immunisation (the independent experts that advise Government on all vaccines) have assessed all available vaccines as safe and able to offer a ‘high’ level of protection against becoming severely unwell with coronavirus.

## Will I get two doses of the vaccine?

All of the approved vaccines requires 2 doses to be fully effective, with the second dose given up to 12 weeks after the first.

## Where will I get the vaccine?

You will receive the vaccine in one of the following places:

- At a hospital.
- In the community – through GPs and pharmacists.
- In specially designated vaccination centres.

If you cannot travel to get a vaccine, you should still be contacted. The NHS is working on special arrangements for people who are housebound.

The initial groups being prioritised for the vaccine are:

- People aged 80 and over.



- People who live or work in care homes.
- Health and social care workers at high risk.
- People aged 70 and over.
- People who are clinically extremely vulnerable to COVID-19.
- Name and date of birth.
- NHS number.

You should be able to find your 10-digit NHS Number on your appointment letter, or any other letter or document you have received from the NHS. If you cannot find your NHS Number at home, you can ask your GP practice to help you.

The Government have said that people in these 5 categories should be invited to receive their first vaccine dose by the middle of February.

### **How will I be contacted?**

The NHS will contact you and invite you to book an appointment when it is your turn via phone call from your GP practice, or by email, text message or letter.

If you receive a call, the person on the phone will tell you the time and location of your appointment. They will also ask if you want them to confirm your appointment time by text or email.

### **Booking a vaccine**

If you have already received a letter inviting you to book a Coronavirus vaccine, you can do so by phoning 119 or online.

### **Please do not try to book if you have not received a letter.**

When you book you will need to provide the following information:

### **After being vaccinated against coronavirus, can I mix with people again?**

In short, the answer is no. It remains important you continue to reduce close contact with others, keep the contact you do have outdoors where possible, open windows, socially distance and wear a mask when this isn't possible.

### **This is for 4 reasons:**

- 1.** You will not be protected straight away. Depending on the vaccine you may take 2 or 3 weeks to develop immunity
- 2.** No vaccine is 100% effective.
- 3.** There are still large numbers of people with coronavirus in the UK.
- 4.** We don't yet know how well the coronavirus vaccines work at preventing transmission of the virus.



## Feeling down

Feeling down, anxious or depressed isn't a normal part of aging, but it is common in later life, and understandable during difficult times such as these while we are in lock down and more isolated than ever.

Fortunately, it's never too early or too late to ask for help! Meeting other people who understand what you're going through can be helpful, especially if you're feeling isolated or lonely. Regular social contact is vital for good mental health. It's a part of what makes life fulfilling and helps us to feel good about ourselves.

If you're feeling down, lonely or isolated, please don't hesitate to contact us and we can let you know about the different ways we can help, or put you in touch with a different service that we think will be better able to support you. You might like for us to pair you up with a volunteer befriender who can give you a call or write to you, or we can help you to join local groups, clubs and events.

Many of these are taking place online at the moment, but please don't let that put you off, we have step by step guides and volunteers to support you to get online and feel confident so that you can access these activities and events. See our activities page to find out just how much there is going on that you can get involved in!

# Young onset dementia service: more support!

## Young Onset Dementia Service (YOH)

Our Young Onset Dementia Service now includes more ways you can keep in touch, access our advice and support and join peer support groups.

Everyone is welcome, so if you know someone affected by young onset dementia, please do let them know about this new service.

## Monthly Peer Support Group

It takes place via Zoom between 3-4pm on the second Tuesday of every month.

## Monthly Family and Friends Support Group

We have a new group specifically for family, friends & supporters of people affected by young

onset dementia. These groups will take place on the third Tuesday of every month via Zoom, between 3-4pm. The first of these meetings is due to take place on Tuesday 16th Feb. Contact us for Zoom details.

## Ongoing support groups

We have a new Facebook group for anyone affected by young onset dementia in Sheffield. And a new WhatsApp group too. If you would like to join either of these groups, please get in touch and we can add you or send you the link!

It is really useful if you could let us know in advance if you are intending to join us. We will of course send reminders closer to the time.



## How can I get in contact?

Please email [youngdementia@ageuksheffield.org.uk](mailto:youngdementia@ageuksheffield.org.uk) or, call 0114 250 2850.

The team will contact you to introduce themselves, tell you about what YOH can offer and see if we can support you in any other way. We can give you details and support to help you join the support groups detailed above. Anyone is welcome to contact us & we look forward to hearing from you.

# A unique service that offers support and friendship

As we get older, it can sometimes become harder to keep on top of some tasks around the home. Our At Home service provides a flexible, fully trained and DBS checked personal assistant to help you or a loved one with a variety of day to day tasks to help customers maintain their independence in and around the home.

Examples of what we can do include:

**Cleaning and domestic tasks**

**Taking you shopping or doing it for you**

**Helping you to get out and about**

**Enjoying a cup of tea and a chat**

**Help when you really need it**

**Supporting you to manage your money and pay your bills**



This is a not for profit service begins with a free (no obligation) initial assessment and care plan, as well as a benefits check (to support you to ensure you are claiming any money that you are entitled to). It's a paid-for service, at a competitive rate of £24 per hour, or £44 for two hours. We provide a full hour's service, and don't take time off for travelling. You can find out more, see a full list of prices, read service feedback and view our At Home service video on our website.

**For more info on our At Home Service, please contact us or watch our video online**

**t** (0114) 250 2850 **e** [enquiries@ageuksheffield.org.uk](mailto:enquiries@ageuksheffield.org.uk)

**[ageuk.org.uk/sheffield/our-services/at-home](http://ageuk.org.uk/sheffield/our-services/at-home)**