

**South West Sheffield  
Timetable  
January 2026**

PEOPLE KEEPING WELL  
**PKW**  
IN THEIR COMMUNITY



**Sheffield**  
**age UK**

**Please check with the primary contact to see if the session is running.**

Activity	Venue	Primary Contact
<b>Bents Green Rosemary Memory Café</b> (dementia targeted): a welcoming social space for people living with dementia.	Bents Green Methodist Church, Ringinglow Road, S11 7PU - Thursdays - 1 <sup>st</sup> and 3 <sup>rd</sup> Thursday of the month	Hannah West <a href="mailto:Hannah.West@ageuksheffield.org.uk">Hannah.West@ageuksheffield.org.uk</a> Tel. 07825 597948
<b>Calmly Create:</b> the main objective of the sessions is for patients who may be experiencing stress, anxiety, loneliness to create something crafty in a warm, calm and welcoming environment.	Fulwood Old Chapel School Room, 8 Whiteley Lane, S10 4GL - Wednesday (monthly).  This group is only for patients of surgeries within the Porter Valley Primary Care network: Greystones, Falkland Road, Rustlings Road, The Hollies, Nethergreen, Carterknowle and Dore.	To sign up and to get more information please speak to the reception staff at your surgery.  South Yorkshire Chaplaincy and Listening Service 07903 899751 <a href="mailto:sycls@sycls.co.uk">sycls@sycls.co.uk</a>
<b>Carers' activities:</b> Sheffield Carers Centre runs a range of regular activities to support carers.	Various venues	Sheffield Carers Centre - 0114 278 8362 <a href="#">Carer Activities   Sheffield Carers Centre</a>
<b>Coffee and Exercise Classes</b> Variety of gentle exercise sessions, mainly chair-based, combined with refreshments. All weekly.  CWS also offer a range of exercise classes at their gym at 863 Ecclesall Road, including a Parkinson's Gym Class.	<ul style="list-style-type: none"> <li>⊕ Bradway Community Hall - Monday 10.30 -11.30am</li> <li>⊕ Fulwood Old Chapel - Monday 10 - 11am</li> <li>⊕ Dore and Totley United Reformed Church - Monday 1.30 - 2.30pm</li> <li>⊕ Crosspool Scout Hut, Benty Lane Tuesday 10.45 - 11.45am</li> <li>⊕ Westminster TARA, 53 Westminster Crescent Wednesday 10.30 - 11.30am</li> <li>⊕ Totley Library/CRIC - Thursday 12 - 1pm</li> <li>⊕ St Peter/St Oswald's Abbeydale Road - Friday 10.30 - 11.30am</li> </ul>	Community Wellness Services (CWS) 0114 553 7807 <a href="mailto:info@cwsk.ltd">info@cwsk.ltd</a>
<b>Creative Writing Group - Ecclesall</b>	Ecclesall Library 1 <sup>st</sup> & 3 <sup>rd</sup> Tuesdays, 10.15 - 11.45	Kim Stephenson <a href="mailto:kimwordbird@gmail.com">kimwordbird@gmail.com</a>

Activity	Venue	Primary Contact
<b>Crosspool Memory Café:</b> a welcoming space for people living alone, people with memory issues and their supporters	St Columba's Church, 503 Manchester Road S10 5PL 4 <sup>th</sup> Wednesday of the month	St Columba's Crosspool 0114 267 0006 <a href="mailto:admin@stcolumbacrosspool.org.uk">admin@stcolumbacrosspool.org.uk</a>
<b>Dance to Health Sheffield:</b> gentle dance classes for all abilities	St Augustine's Church, Endcliffe- multiple days of the week	Charlotte Bridle <a href="mailto:charlottebridle@ae-sop.org">charlottebridle@ae-sop.org</a> 07942 276312
<b>Dore and Totley Rosemary Memory Café</b> (dementia targeted) - a welcoming social space for people living with dementia.	Dore Methodist Church Hall – Tuesdays - 1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday of the month	Hannah West <a href="mailto:Hannah.West@ageuksheffield.org.uk">Hannah.West@ageuksheffield.org.uk</a> Tel. 07825 597948
<b>Dore Welcoming Space</b> - meet others and have fun. Refreshments provided.	Dore Methodist Church Hall - Wednesday (weekly) 10.30am to 1pm.	No booking requirement, just drop in: <a href="http://Welcoming Space - Dore Church">Welcoming Space - Dore Church</a>
<b>Fulwood coffee and games morning:</b> dementia friendly: - a welcoming social space for people living with dementia.	Fulwood Scout Hut, Fulwood Rd - Tuesdays (2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday of the month)	Hannah West <a href="mailto:Hannah.West@ageuksheffield.org.uk">Hannah.West@ageuksheffield.org.uk</a> Tel. 07825 597948
<b>Get to Grips with your Computer and Smart Phone</b> drop-in classes	Ecclesall Library - Fridays (weekly) 10.30 - 12.30	Paul May, MECK Community Group 0114 236 9333 <a href="mailto:maypaul61@gmail.com">maypaul61@gmail.com</a>
<b>Millhouses, Ecclesall and Carter Knowle Community Group:</b> Social group - refreshments, games and chat.	The Robin Hood Pub, Millhouses Lane - - Mondays (weekly), 3 - 5pm	Paul May – 0114 236 9333 <a href="mailto:maypaul61@gmail.com">maypaul61@gmail.com</a>
<b>Singing Teapot Choir</b> - weekly singing group for all abilities.	Dore and Totley United Reformed Church - Tuesday (weekly), 10.30am; cuppas from 10am.	Yo Tozer Loft - call/text 07925 634420

*Cont'd/3 →*

Activity	Venue	Primary Contact
<p><b>South West Friendship Lunches:</b> book onto one of our local friendship lunches and enjoy great food and entertainment.</p>	<p><b>Crosspool Tavern, Crosspool</b> - monthly, 2<sup>nd</sup> Monday  <b>Cross Scythes, Totley</b> - from Monday 10<sup>th</sup> November 2025  <b>The Ball Inn, Crookes</b> - monthly, 1<sup>st</sup> Tuesday  <b>Three Merry Lads, Lodge Moor</b> - dates to be confirmed  <b>Sportsman, Crosspool</b> 57 Benty Lane, monthly, 3<sup>rd</sup> Friday</p>	<p>Crosspool Tavern 0114 266 2113  Cross Scythes via Kathy 0772 952 8844  The Ball Inn 0114 266 1211  Three Merry Lads 0114 327 2700  Sportsman 0114 268 8011</p>
<p><b>Sporting Chatter /</b> Sporting Chatter films: A social group who come together to discuss all things sport.</p>	<p>Dore and Totley United Reformed Church - First and third Fridays</p>	<p>Mike Pettitt T: 0750 306 0990 or alternatively Richard Pitts Tel: 0773 970 0567</p>
<p><b>Table Tennis</b></p>	<p>Bradway Community Hall - Thursday and Friday (weekly) Contact Jan for times.</p>	<p>Jan – 07787 954842 0114 418 6463</p>
<p><b>Totley Library Cinema</b></p>	<p>Totley Library/CRIC - - monthly on Thursdays</p>	<p>Totley Library 0114 236 3971</p>
<p><b>Totley Natter Coffee Morning:</b> a welcoming space to meet new people and enjoy cakes and coffee.</p>	<p>Totley Library/CRIC - Thursday (weekly)</p>	<p>Totley All Saints Church - 0114 236 7627</p>
<p><b>Totley Rise Welcoming Places Coffee Morning</b> - free coffee and biscuits</p>	<p>Totley Rise Methodist Church, 1 Grove Road, Totley S17 4DJ Tuesdays 10am - 12pm</p>	<p>Collette Duke <a href="mailto:collette.duke@sky.com">collette.duke@sky.com</a></p>
<p><b>Well with Nature</b> Coffee, nature wellbeing chat and mindfulness.</p>	<p>A venue in Totley, Mondays 11 am-12:30 pm Phone to book a place.</p>	<p>Caroline Cook 07583 551705 <a href="mailto:caroline@wellwithnature.uk">caroline@wellwithnature.uk</a></p>
<p><b>Welcome Places Timetable:</b> - warm welcomes at a wide range community venues.</p>	<p>Various venues across South West Sheffield</p>	<p>Weekly timetable - follow the link on the Age UK Sheffield website: <a href="#">Welcome Places</a></p>