

## Local carers support groups

### **Aspergers Children and Carers Together (ACCT)**

Quarterly on Wednesday evenings 19:00-21:00  
St Mary's Community Centre  
Bramall Lane  
Sheffield  
S2 4QZ  
Contact 0114 223 0242

### **Autism Hope North**

Parson Cross group:  
2<sup>nd</sup> Tuesday monthly,  
10:00-11:30, Creswick  
Greave Methodist Church,  
Yew Lane S5 9AZ.  
Contact Carlie on 07968  
984 179

### **Bipolar UK Sheffield Support Group**

3<sup>rd</sup> Thursday of the month  
19:15-21:00  
Quaker Meeting House  
St James Street  
Sheffield  
S1 2EW  
Contact 0333 323 3885

### **Council and Carer Choir**

Monday 12:00-13:00  
Moorfoot Building  
Sheffield  
S1 4PQ  
Contact Jan 0114 278 8942

### **Darnall Carers Group**

4<sup>th</sup> Tuesday monthly 10:30-12:00  
Church of Christ, Station Rd, Darnall  
Contact Jan on 0114 2788942

### **Darnall Dementia**

1<sup>st</sup> Wednesday monthly (PM) and monthly Monday evenings (call for details)  
Lightwood House

Lightwood Lane  
Sheffield  
S8 8BG  
Contact 0114 226 2116

### **Dore and Totley Carers Café**

1<sup>st</sup> Wednesday monthly,  
10:00-12:00  
Totley United  
Reformed Church  
Totley Brook Rd  
Contact Jan on  
0114 278 8942

### **Epilepsy Action Support Group**

2<sup>nd</sup> Thursday monthly-  
carers and epilepsy  
sufferers  
Quaker Meeting House  
10 St James Street  
Sheffield  
S1 2EW  
Contact 0114 235 2197

### **Frontotemporal Dementia Carers Group**

2<sup>nd</sup> Tuesday monthly  
18:30-20:30  
Community Room, Heeley  
City Farm  
Contact Lee or Andrew  
Pearce on 0114 258 0482

### **Gleadless Valley Carers Group**

3<sup>rd</sup> Thursday monthly,  
10:30-12:30  
Newfield Green Library,  
577 Gleadless Rd.  
Contact Sadia on 0114 239  
8946

### **Handsworth Parent Carer Group**

Daytime 10:00-11:30  
one Wednesday most  
months

Evening 19:30-21:00: one  
Thursday most months  
Handsworth Old Rectory  
Community Centre, S13  
9BZ. Contact Sarah Walker  
0114 269 2537 or  
[community@orth.org.uk](mailto:community@orth.org.uk)

### **Hillsborough (S6) Carers Group**

Last Thursday of the month  
10:30-12:30  
Rawson Springs  
(Wetherspoons), Langsett  
Rd  
Contact Vicky on 07764 96  
4531

### **Jordanthorpe Carers Group**

4<sup>th</sup> Tuesday monthly  
13:00-14:30  
Unit 2, Jordanthorpe shops  
(behind Heron **Food**)  
Contact Pam and Joy on  
0114 237 8724

### **Lowedges Carers Group**

2<sup>nd</sup> Tuesday monthly  
10:30-12:00  
Terminus Café, Lowedges  
Rd  
Contact Pam and Joy on  
0114 237 8724

### **Mental Health Carers Group**

1<sup>st</sup> Wednesday monthly  
14:00-16:00  
Chapel in Michael Carlisle  
Centre, Osborne Rd  
Contact the chaplain on  
0114 271 8022

### **Mental Health Hub**

Third Thursday 10:30 –  
12:00,  
Sheffield Carers Centre,  
Concept House  
5 Young Street, S1 4UP  
Contact Jan 0114 2788942

### **Parkinson's UK Carers Group**

1<sup>st</sup> Tuesday monthly 14:00-16:00

Quaker Meeting House  
10 St James Street  
Sheffield  
S1 2EW  
Contact 0114 262 0468

### **SACMHA Carers Group**

1<sup>st</sup> Wednesday of the month  
11:00-12:00 Informal, often with a health and well-being focus. Sometimes involves trips out or going out for lunch. Reduced cost Caribbean lunch is available to carers on Wednesdays. SACMHA 84 Andover Street S3 9EH

### **Sheffield Autistic Society support groups**

3<sup>rd</sup> Wednesday monthly, 12:00-14:30, Sheffield Carers Centre, 5 Young St. For more information call 07923 473 240 and leave a message

### **Sheffield Mencap Learning Disability Carers Groups**

1<sup>st</sup> Thursday monthly, 12:30-14:00, Norfolk Lodge, Park Grange Rd.

3<sup>rd</sup> Tuesday monthly, 12:00-14:00, Acorn Inn, Chapeltown group, 516 Burncross Rd.

'Butty' group: 4<sup>th</sup> Tuesday monthly, 12:00-14:00 \***new venue**\* the Benjamin Huntsman Wetherspoons Pub on Cambridge Street (near John Lewis)  
Contact Chris Sterry  
[ldcarersbuttygroup@gmail.com](mailto:ldcarersbuttygroup@gmail.com)

### **Shipspace Carers Group**

3<sup>rd</sup> Tuesday monthly  
10:00-12:00 The Stables, Sharrow Lane  
Contact Nur on 0114 250 0222

### **SMART Family & Friends Group**

(those affected by other's alcohol use) Every Wednesday 17:30 – 19:00  
SASS, 646 Abbeydale Road, Sheffield, S7 2BB  
For more information: 0800 032 3723

### **Stroke Support Group**

2<sup>nd</sup> Wednesday monthly, 10:30 – 12:00. Sheffield Carers Centre. Contact Sue Ball on 0114 271 3789 or [susan.bull@sth.nhs.uk](mailto:susan.bull@sth.nhs.uk)

### **Substance Misuse Carer/relative/friend Group**

Alternate Wednesdays  
18:00-19:30, 44 Sidney Street. Contact Jo Radford 0114 272 1481 or 07815 538 245 for details

### **Woodhouse Carers Group**

2<sup>nd</sup> Wednesday monthly  
10:30-12:00  
Woodhouse Salvation Army Hall, Tannery Street.  
Contact Mick on 0114 248 1004

### **Young Onset Dementia Carers group**

Last Monday monthly 1-3  
Antiques Quarter, Rileys & Co, Farrar Rd  
Contact [youngonsetfriends@gmail.com](mailto:youngonsetfriends@gmail.com)

### **Zest Carers Group**

Second Thursday monthly  
13:30-15:00  
Zest Centre, Upperthorpe  
Contact Jane on 0114 270 2040

## **Carers Café**

This is an opportunity to meet other carers in an informal environment, alongside a cup of coffee and a piece of cake. All carers are warmly encouraged to come, and you are also welcome to bring the person you care for.

The café meets at a city centre location: the Central United Reformed Church on Norfolk Street (except in August when another venue is used). It meets on the second Friday of each month, 10am -12 noon.

If you would like more information about the café, please call Jan at Sheffield Carers Centre on 0114 278 8942

