



Happy Holidays!!!

Sheffield Young Carers Family Project would like to wish you a happy holiday this winter!! Thank you for supporting us and making 2022 the best?

AGM Event

“Thank you to all who participated in the AGM family event- we really enjoyed making positive pebbles with you!”

White Rose Beauty Course

A big congratulations to the ladies who have achieved in the white Rose Beauty course and well done to those who are continuing to progress.

Managing Stress WEA Course

A big well done to the ladies who took part in the managing stress course this year – we are hoping to have more of these sessions in the future.

Family Project Film Making

Thank you to all the parents who took part in creating a fantastic film to represent what we do, this will be a massive support to keeping the project strong and heard.

Parent Network Group/Group Work / Family Trips /Courses/ Wats App Support Groups/1-1's

“Thank you for attending our Groups and courses and other services this year, we hope you enjoyed our sessions and thank you for all your feedback, we now have a strong supporting network which we are hoping to grow and continue, with all the work you have put in we are hoping for a positive funding outcome to continue our network”



When Do we close for Christmas?

Our last working day is Friday 23rd December and we reopen on Tuesday 3rd January!!

“Our Last family trip will be the Cinema Trip, Wednesday 21st December- at Showroom Cinema – we will be watching “ELF” Please order tickets from us to attend!”

Cost Of living Support!

https://www.sheffield.gov.uk/cost-of-living?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=

Check Your Benefits -

<https://www.entitledto.co.uk/>

Winter Benefits

- **Warm Home Discount -**
this is a £150 discount on your bills if receiving certain benefits
- **Cold Weather Payment -**
Temperature drops to zero degrees Celsius or below for 7 days in a row
- **gov.uk/winter-fuel-payment** or call 03459 15 1515

Energy Saving Advice

0300 123 1234 or visit [gov.uk/energy-company-obligation](https://www.gov.uk/energy-company-obligation).

What's On

What's Happening in Sheffield?

Christmas Market –

Shops, Bars, Rides, Grotto

Town Centre – 10am – 6pm till Christmas eve



Christmas Tree Festival, 29 November - 2 January

Sheffield Cathedral is joining with local charities, communities, and businesses to bring Christmas cheer to the people of Sheffield with the return of its annual free Christmas Tree Festival.

“Keep an eye on [Sheffield Events Facebook page](#) and

**Welcome to Sheffield for
more events"**



Wellbeing & Confidence Building Workshops for Women

Sessions to boost wellbeing and build confidence through connecting with others and enjoying creative and nature-based activities.

All sessions are free and open to all women.

Wednesdays 11.00am - 12.30pm
Newfield Green Library

16th November, 23rd November, 30th November,
7th December, 14th December,
4th January, 11th January, 18th January


For more information contact Beth at bethahandlebards.com
or to sign up go to www.handlebards.com/workshops

**Run by – Heeley
Development Trust**


**Meersbrook Hall is open
Mondays, Tuesdays and
Thursdays 9am-5pm**

**Newfield Green Library is
open Mondays 10am-2pm,
Tuesdays 12:30pm-4pm,
Thursdays 10am-1pm and
Fridays 10am-2pm**

**We are at Heeley Green
Community Centre
Wednesdays 9am-4pm**



Heeley Asian
Women's Group




Women's Yoga


Dance Studio, The U-Mix Centre
17 Asline Road, S2 4UJ

Wednesdays (dates below)
1.15-2.15pm
January 11th to 29th March
(excluding 15th Feb half term)
Please book on:
<https://tinyurl.com/4wh3wc69>

For more information please email heeleyasianwomen@gmail.com
or telephone 0114 3991070



PEOPLE KEEPING WELL
PKW
IN THEIR COMMUNITY



Heeley Trust
Community Hub

Refer A Family to Sheffield

Young Carers

**Sheffield Young Carers Family
Project is available for adults
who have long-term physical
illnesses, mental illnesses,
disabilities and/or substance
misuse**

Health and Wellbeing

Help Online

- **A one stop shop for
Family Health and
Wellbeing**
<https://sybhealthiertogether.nhs.uk/>

**Wellbeing – Social Care
Helplines**

Cuppa and Chat

Heeley

Sheffield Parent Hub

**Sheffield City Council,
<https://www.sheffield.gov.uk/home/social-care/positive-parenting>**

Email:

sheffieldparenting@sheffield.gov.uk

- Provides parenting courses, advice and support!!

Mental Health Crisis

If you or a loved one is already receiving support from social care services, and you are in a mental health crisis and need urgent help, please contact your Care Co-Ordinator straight away.

If your service is closed for the day or you do not currently receive support from social services and you need urgent help you can contact the Single Point of Access on [0808 196 8281](tel:08081968281) (calls are free from a landline or mobile) or [0114 226 3636](tel:01142263636). They are available 24 hours a day, seven days a week.

If you or a loved one are aged under 18 you need to contact the Child and Adolescent Mental Health Service (CAMHS) at Sheffield

New Start – New Year – Why Not – Volunteer!

There are so many benefits to volunteering such as, improving your wellbeing and mental health, reduce isolation and loneliness, as well as starting to build a CV to get future work. The list is endless.

The Heeley Development Trust love volunteers and are a lovely team to work for!

Newfield Green Library - we are looking for volunteers to assist with the running of the library; helping with the taking out and returning of books, and help with other activities ran in the library

For a full list of all our volunteering roles visit our website Volunteering - Heeley Trust Community Hub (htcommunityhub.org) or email info@heeleydevtrust.com

Children's Hospital NHS Foundation Trust.

Helplines

If you need to talk to someone for advice or support there are lots of different helplines available to you.

Sheffield Food Banks

<http://www.sheffieldfoodbank.org.uk/help-me/>

This website will help you find a food bank that covers your local area. In many cases, you will need a third-party who is already supporting you (such as a GP, Social Worker, or tenancy support worker) to make arrangements on your behalf to access a food bank. If you don't know who to turn to for help, please think about contacting Advice Sheffield by visiting www.advicesheffield.org.uk or calling 03444 113 111.

Sheffield Rethink Helpline

Available 24 hours a day, seven days a week, the Sheffield Rethink Helpline can offer advice to anyone struggling with their mental health.

You can call them on 0808 801 0440. Calls are free from a landline or mobile.

Samaritans

If you are suicidal and want to talk to someone in confidence you can call the Samaritans on 0114 276 7277 or 116 123, or email jo@samaritans.org

Council Home Repairs

<https://www.gov.uk/repair-council-property>

Emergency Help



<https://www.shsc.nhs.uk/selfhelp>

111 – Medical Helpline

101 - Police

999 – Emergency Services

Happiness Chemicals & How to Hack Them

DOPAMINE The Reward Chemical		OXYTOCIN The Love Hormone
<ul style="list-style-type: none">- Eating Food- Achieving a Goal- Complete a Task- Self-Care Activities		<ul style="list-style-type: none">- Socialising- Physical Touch- Petting Animals- Helping Others
ENDORPHIN The Painkiller		SEROTONIN The Mood Stabilizers
<ul style="list-style-type: none">- Exercising- Listening to Music- Watch a movie- Laughter		<ul style="list-style-type: none">- Sun Exposure- Mindfulness- Meditation- Be With Nature