

Welcome

There's support in your local area
to help you to feel your best

[Let us help you to find it](#)



Thank you for downloading...

Who is this for?...

This is for anyone who wants to...

- ⇒ make a healthy lifestyle change
- ⇒ tackle a problem like finding work or managing debts
- ⇒ feel less isolated and alone
- ⇒ manage a long term physical or mental health condition.

How can it help?

This booklet is designed to help you find the right support in your local area, quickly and easily.

List of contents

Link workers

If you want the time and space to talk to someone who is trained to help with complex and multiple issues, provide emotional, social or practical support then you can find a **link worker** in your local area.

- ◇ [Who are link workers?](#)
- ◇ [Find my local link worker](#)

Problem Page

If you want advice on a **specific problem** you will find local organisations who can help directly with this

- ◇ [Find help for your problem](#)

[Physical
Activity](#)

[Healthy Eating
& Weight](#)

[Healthy Living](#)

[Mental Health](#)

[Alcohol, Drugs
& Smoking](#)

[Employment](#)

[Money Matters](#)

[Problem
Gambling](#)

[Housing](#)

[Support for
migrants](#)

[Bereavement](#)

[Help for Older
Adults](#)

[Loneliness in
Older Adults](#)

[Carers](#)

[Transport](#)

[Go Back to the
Welcome Page](#)

[Or find your local Link Worker](#)

What do link workers do?

Link workers are a part of our NHS

They are trained to work one-to-one with people

They can help with a variety of non-medical problems

It's a local and completely free service

They are a trustworthy & friendly source of help for anyone who may need emotional, social or practical support.

They will...

give **you** the time to explore what's important to you

help **you** identify the problems that you want to tackle

support **you** to successfully deal with them

connect **you** to your local community and services



[Find your local link worker](#)

[Link Worker Stories](#)

LINK WORKERS STORIES

Mark, 36

Was concerned about money.

Mark had started gambling more and more over recent months which led him to accumulate debts. He felt very worried about this and he was at risk of losing his home.

Mark opened up to his GP about his financial worries who referred him to a link worker. The link worker listened to his concerns and reassured him that this was solvable. Together they discussed the steps needed to get him back on track, including a clear budgeting plan and a full benefits check. He was then supported to seek professional help to tackle his gambling problem, and soon afterwards he started having regular one to one treatment. Several months later he now feels like he is back in control of his finances and he is planning for the future.

Julianne, 48

Had been struggling to manage her weight.

Julianne was put in touch with a link worker who offered to meet with her at her home where they could discuss her main concerns. During their conversation, it became clear that she had low confidence which was negatively impacting on her social life.

They identified that her eating was partly a result of her low mood and she agreed to be referred to mental health services.

They also talked about the kinds of activities she used to enjoy, one of which was dancing. Her link worker found a fun beginners dance fitness group only 10 minutes from her home. The link worker accompanied Julianne to the first couple of sessions for moral support.

3 months later and she is now a regular member in the class. She will go for a coffee afterwards with a couple of ladies she met in the group. Her confidence is growing while she feels healthier and more energised.



Find your local
link worker

Find one-to-one support in your local area

Which GP practice are you registered with?

Link workers are connected with a group of GP practices supporting people in a specific local area.

A-B

[Abbey Lane Surgery](#)

[Avenue Medical Practice](#)

[Barnsley Road Surgery](#)

[Baslow Road Surgery](#)

[Beauchief Medical Practice](#)

[Belgrave Medical Centre](#)

[Blackstock Road Surgery](#)

[Birley Health Centre](#)

[Broomhill Surgery](#)

[Buchanan Road Surgery](#)

[Burncross Surgery](#)

[Burngreave Surgery](#)

C

[Carrfield Medical Centre](#)

[Carterknowle & Dore Medical Practice](#)

[Chapelgreen Practice](#)

[Charnock Health Primary Care](#)

[Clover City Practice](#)

[Clover Darnall](#)

[Clover Highgate](#)

[Crookes Valley Medical Centre](#)

[Crystal Peaks Medical Centre](#)

D-E

[Darnall Hall Surgery](#)

[Darnall Health Centre](#)

[Deepcar Medical Centre](#)

[Devonshire Green Medical Centre](#)

[Dovercourt Surgery](#)

[Dunninc Road Surgery](#)

[Duke Medical Centre](#)

[Dykes Hall Medical Centre](#)

[East bank Medical Centre](#)

[Ecclesfield Group Practice](#)

[Eccleshall Medical Practice](#)

[Elm Lane Surgery](#)

F-H

[Falkland House](#)

[Far Lane Medical Centre](#)

[Firth Park Surgery](#)

[Forge Health Group](#)

[Foxhill Medical Centre](#)

[Gleadless Medical Centre](#)

[Grenoside Surgery](#)

[Greystones Medical Centre](#)

[Harold Street Medical Centre](#)

[Hackenthorpe Medical Centre](#)

[Handsworth Medical Practice](#)

[Hanover Medical practice](#)

[Heeley Green Surgery](#)

[High Green Health Centre](#)



Who are
Link workers?

More GP practices...

Find one-to-one support in your local area

Which GP practice are you registered with?

Link workers are connected with a group of GP practices supporting people in a specific local area.

J-P

[Jaunty Springs Health Centre](#)
[Jordanthorpe Medical Centre](#)
[Manchester Road Surgery](#)
[Manor & Park Group Practice](#)
[Meadowgreen Health Centre](#)
[Mill Road Surgery](#)
[Mosborough Health Centre](#)
[Mulberry Practice](#)
[Nethergreen Surgery](#)
[Norfolk Park Medical Practice](#)
[Norwood Medical Centre](#)
[Oughtibridge Surgery](#)
[Owlthorpe Medical Centre](#)
[Page Hall Medical Centre](#)
[Pitsmoor Surgery](#)
[Porter Brook Medical Centre](#)

R-S

[Richmond Medical Centre](#)
[Rustlings Road Medical Centre](#)
[Selbourne Road Medical Centre](#)
[Sharrow Lane Medical Centre](#)
[Sheffield Medical Centre](#)
[Shiregreen Medical Centre](#)
[Shoreham Street Surgery](#)
[Student Health Centre at SHU](#)
[Sloan Medical Practice](#)
[Sothall and Beighton Health Centres](#)
[Southey Green Medical Centre](#)
[Stannington Medical Centre](#)
[Stonecroft Medical Centre](#)

T

[The Medical Centre \(Tinsley\)](#)
[Totley Rise Medical Centre](#)
[The Crookes Practice](#)
[The Flowers Health Centre](#)
[The Health Care Surgery](#)
[The Hollies Medical Centre](#)
[The Mathews Practice](#)
[The Meadowhead Group Practice](#)
[The Thorpe Practice](#)
[Tramways Medical Centre](#)

U-Z

[University Health Service HC](#)
[Upperthorpe Medical Centre](#)
[Upwell Street Surgery](#)
[Valley Medical Centre](#)
[Veritas Heath Centre](#)
[Walkley House Medical Centre](#)
[Wincobank Medical Centre](#)
[White House Surgery](#)
[White Lane Medical Centre](#)
[Woodhouse Health Centre](#)
[Woodseats Medical Practice](#)



[Who are
Link workers?](#)



SOAR Community

SOAR is a community regeneration charity with a mission to improve the quality of life for North Sheffield residents.

Get in Contact

E-mail: enquiries@soarcommunity.org.uk

[Visit their website to find out more](#)

For enquiries: 0114 213 4065



Who are
Link workers?



If you are 13-18 years old:

Link Workers at Sheffield Futures

Sheffield Futures is a young people's charity. They support young people to achieve their full potential. Find out more about what they do [here](#)

Get in contact

Ask your GP practice for a referral or self-refer [here](#)

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Who are
Link workers?



“I was reluctant to come and don’t like the pressure associated with attending new services; but have found no pressure here and I’ve started to unravel long term issues associated with my mental health”

-Client at SOAR

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Woodhouse and Community District

“Our aim is to improve the amenities, facilities, environment and general quality of life for the benefit of all the residents of Woodhouse.”

[Visit their website to find out more](#)

Get in Contact

Tel: 07948 905071

07940 352364

07754 353492

e-mail: township.linkworkers@nhs.net

Download an [online referral form here](#)



“Woodhouse and District Community Forum has the experience of delivering a programme of health and well-being activities for over 10 years...We have an excellent reputation for delivery, achievements and results”



[Who are
Link workers?](#)

Darnall Well Being

Darnall Well Being is a not-for-profit, community health organisation working to help the people of Darnall, Tinsley and neighbouring areas stay healthy.

Get in Contact

Tel: 0114 249 6315

E-mail: virtual.ward@nhs.net



“Our greatest asset is the empathy of our local infrastructure of volunteers and staff – support from next door, which we’ve built in the 20 years that we have been active in the area.”



[Who are
Link workers?](#)

Heeley Trust

Heeley Trust is a charity committed to the well-being of the people who live in Heeley and Meersbrook.

[Visit their website to find out more](#)

Get in Contact

E-mail: may.connolly@nhs.net

Tel: 0114 399 1070



“Link Workers give people time, focusing on what matters to them using a holistic approach to people’s health and wellbeing”

- Heeley Development Trust



[Who are
Link workers?](#)

Zest

Zest is an award winning community enterprise working with residents in and near the City centre of Sheffield

[Visit their website to find out more](#)

Get in Contact

E-mail: sheffieldccg.SP.CityPCN@nhs.net

Tel: 0114 270 2040 / 07517810824



"All you have to do is walk through that Zest door...I came to Zest to support my wellbeing - everyone needs somewhere."



[Who are
Link workers?](#)

Community Support Workers

You can access help from our friendly and pro-active
Community Support Workers

Get in Contact

Tel: 0114 2057120

E-mail: cswreferrals@sheffield.gov.uk



[Who are
Link workers?](#)



If you are 13-18 years old:

Sheffield Futures

Sheffield Futures is a young people's charity.
They support young people to achieve their full potential.
Find out more about what they do [here](#)

Get in contact

Ask your GP practice for a referral
or self-refer [here](#)

Meadowgreen Health Centre's Social Prescriber

Lisa Pugh

Get in touch:

**Ask at reception for a referral or
mention it next time you see a GP
or Nurse**



**Who are
Link workers?**



If you are 13-18 years old:

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Get in contact

**Ask your GP practice for a referral
or self-refer [here](#)**

Link Workers at Stocksbridge Community Leisure Centre (4SLC)

Helping the people of Stocksbridge & Upper Don improve their health & wellbeing along with offering practical support.

This is done by working closely with local organisations, offering one-to-one & group support.

Get in Contact

Tel: 07444 142359 / 07825 234160

E-mail: syicb-sheffield.upperdonsplw@nhs.net



Who are
Link workers?



If you are 13-25 years old:

Sheffield Futures

Sheffield Futures is a young people's charity.
They support young people to achieve their full potential.
Find out more about what they do [here](#)

Get in contact

Ask your GP practice for a referral
or self-refer [here](#)

The Manor and Castle Development Trust

Manor and Castle Development Trust is a community based charity offering free and confidential support for those living in the Manor, Castle and Arbourthorne areas.

Get in Contact

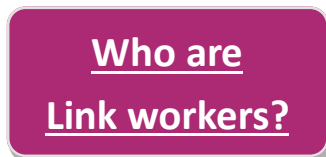
Tel: 0114 2655 145/ 0114 278 9999

07904625928

e-mail: valjones@manorandcastle.org.uk



“We work with local people to help them to take control of their own destiny and to develop solutions to challenges”



If you are over 25 years old...

Zest

Zest is an award winning community enterprise working with residents in and near the City centre of Sheffield

Get in contact

Ask your GP practice for a referral



Who are
Link workers?



If you are 13-25 years old:

Sheffield Futures

Sheffield Futures is a young people's charity. They support young people to achieve their full potential. Find out more about what they do [here](#)

Get in contact

Ask your GP practice for a referral or self-refer [here](#)

Community Support Workers

If you live in Netheredge, Greystones or Brincliffe, you can access help from friendly and pro-active Community Support Workers

Get in Contact

Tel: 0114 2057120

E-mail: cswreferrals@sheffield.gov.uk



Who are
Link workers?

If you are between 13-25 years old...

Sheffield Futures

Sheffield Futures is a young people's charity. They support young people to achieve their full potential. Find out more about what they do [here](#)

Get in contact

Ask your GP practice for a referral or self-refer [here](#)

Community Support Workers

If you live in the North West of Sheffield, you can access help from friendly and pro-active Community Support Workers.

Get in Contact

Tel: 0114 2057120

E-mail: cswreferrals@sheffield.gov.uk



[Who are
Link workers?](#)

If you are between 13-25 years old...

Sheffield Futures

Sheffield Futures is a young people's charity. They support young people to achieve their full potential. Find out more about what they do [here](#)

Get in contact

Ask your GP practice for a referral or self-refer [here](#)

Community Support Workers

If you live in Hillsborough, you can access help from friendly and pro-active Community Support Workers.

Get in Contact

Tel: 0114 2057120

E-mail: cswreferrals@sheffield.gov.uk



[Who are
Link workers?](#)

If you are over 50 years old...

Age UK Sheffield

(as part of their Independent Living Coordination Service)

Age UK Sheffield has a long standing and successful City Wide social prescribing service including working closely with GP practices in Hillsborough.

They help complete a holistic, person-centred assessment and together with the client develop a tailored support plan to help meet any needs or issues that they are struggling with.

Get in Contact

Tel: 0114 250 2850

Community Support Workers

You can access help from friendly and pro-active Community Support Workers, who work all across Sheffield.

Get in Contact

Tel: 0114 2057120

E-mail: cswreferrals@sheffield.gov.uk



Who are
Link workers?

Employment: staying in, finding or returning to work

Who can help? Working Win

Who is it for? Anyone with a physical and/or mental health condition.

How can they help? Employment specialists will provide free & individualised one-to-one support to you help to find meaningful employment or to stay in your current role.

Get in contact

Tel: 0808 178 3061

Online referral form [here](#)

Who can help? Good Work

Who is it for? Anyone living with a severe mental health condition.

How can they help? One-to-one support to find paid employment suited to you. Advocating for you as well as helping with any debt, benefit & wellbeing support.

Get in contact

Tel: 0114 2900 218

Online referral form [here](#)



Or Find your local
Link Worker

Healthy Weight

Do you want support to manage your weight?

Who can help? [Live Lighter Sheffield](#)

Who is it for? Anyone with a BMI of >25 who would like to lose weight.

How can they help? It is a 12 week weight management programme, run by qualified Weight Management Practitioners. It is free of charge.

Get in contact

Tel: 0114 270 2043

E-mail: livelighter@zestcommunity.co.uk

Self-refer online [here](#)



[Or Find your local
Link Worker](#)

Smoking, Drugs & Alcohol

Want to quit smoking?

Who can help? Yorkshire Smokefree Sheffield

Who is it for? Anyone over 18 who wants to stop smoking

Get in contact

0800 612 0011 / 0330 660 1166



Or Find your local
Link Worker

Young people's drug and alcohol support

Who can help? The Corner

Who is it for? Anyone aged between 10-18 who wants advice about drinking and drugs.

Concerned parents can seek advice too.

Get in contact

0114 2752051

Drug and alcohol problems

Who can help? Likewise

Who is it for? Anyone over 18 who is worried about their drug or alcohol use or someone else's.

Get in contact

0114 308 7000

info@likewisesheffield.org.uk

Healthy living

Who can help? Your local Health Trainer

What do they do? Health Trainers can offer practical support and guidance on a one to one basis, around changing or leading a healthy lifestyle. It's a completely free and confidential service. These are some of the things they can support you with...

- ⇒ healthy eating
- ⇒ weight loss
- ⇒ physical activity
- ⇒ quitting smoking & reducing alcohol
- ⇒ general wellbeing and mood
- ⇒ living with a chronic condition like persistent pain or type 2 diabetes.

Self-refer by finding your local health trainer by using this postcode search [here](#)



Or Find your local
[Link Worker](#)

Mental Health

Mental health struggles?

Who can help? NHS Sheffield Talking Therapies for anxiety and depression

How can they help? They offer treatment for anyone over 18 struggling with anxiety, stress or depression

Get in contact

Tel: 0114 226 4380

[Online self-referral](#)

Mental health in young people

Who can help? Door 43

Who is it for? Young people aged 13-25

How can they help? They offer support to tackle low mood, low confidence and mental health troubles.

Get in contact

Tel: 0114 201 2800

[Online self-referral](#)



Or Find your local
Link Worker

Mental Health crisis: The Samaritans

24/7 Helpline: 116 123

Bereavement

Bereavement counselling

Who can help? [Cruse](#)

Who is it for?

Anyone living in South Yorkshire who would like emotional support or counselling from 3 months following their bereavement and who is not currently accessing another counselling service.

What do they offer? Six 50-minute session of support remotely or in person.

Get in Contact

[Online self-referral](#)



[Or Find your local
Link Worker](#)

Carers

Are you a carer for a loved one?

Who can help? [Sheffield Carers Trust](#)

Who is it for? Any adult who is an unpaid carer

What can they offer? Carers needs assessment, emotional and practical support, a carers card, support groups and more.

Get in Contact

Tel: 0114 272 8362



Or Find your local
Link Worker

Migrants, Refugees and Asylum Seekers

Support for asylum seekers & refugees

Who can help?: [The Sanctuary](#)

How?: A one-stop-shop of support and advice for migrants from advocacy work, legal rights to health checks and housing provision.

Get in Contact

Tel: 0114 221 1845



Or Find your local
Link Worker

Would you like to improve your English?

Who can help?: [Sheffield Association for the Voluntary Teaching of English \(SAVTE\)](#)

How?: SAVTE offers practical language skills to suit your needs.

Exercise for refugees and asylum seekers

Who can help?: [The U-Mix Centre](#)

How?: Astroturf football for Men, Women, boys and girls; walking football; Dance sessions for 11-19 year olds

Get in Contact

Tel: 0114 2589601

e-mail: Enquiries@u-mix-centre.org

Housing Issues

Is your home environment unsuitable for your health?

Who can help? Sheffield City Council

How can they help? Provide equipment and adaptations to your home to meet your needs.

Who can they help?: If you are struggling to cope due to a mobility issue, a long-term health need or if your environment is negatively affecting your mental health.

Get in contact

Apply for a home assessment online [here](#)

Tel: 0114 273 5522



**Or Find your local
Link Worker**

Transport and Getting Out

Difficulty using public transport?

Who can help? Sheffield Community Transport

How? They can provide a door-to-door service or minibuses with disabled access.

Nb. Not recommended for attending appointments

Get in contact:

Tel: 0114 276 6148

e-mail: enquiry@sheffieldct.co.uk

[Register here](#)



Or Find your local
Link Worker

Physical Activity

Discounted support to be more active

Who can help? [Sheffield Physical Activity Referral \(SPAR\)](#)

How?: Develop a personal plan with a physical activity expert, accessible in various locations across the City. Access to activities such as swimming, fitness classes and the gym, as well as 1-1 support to make the most of your time in the venue.

Is there a cost? Yes, however it is a discounted scheme. The price varies but it's usually between £2-5 per session.

To access this scheme, ask your GP or health care professional for a referral.

Health Walks in Sheffield

Who can help? [Step Out Sheffield](#)

How?: They offer free, weekly walks all across Sheffield, welcoming all abilities. Walks are delivered by trained and accredited volunteer leaders.

Get in contact:

Tel: 07505 639524

Or simply turn up to one of the timetabled walks and introduce yourself!



[Or Find your local
Link Worker](#)

Loneliness in Over 65s

Who can help?: Sheffield Churches Council for Community Care (SCCCC)

How?: They can provide regular visits to someone who is isolated in their home.

Get in Contact

Tel: 0114 250 5292

Who can help?: B:friend

How?: A cuppa and a chat.

B:friend will pair up a friendly volunteer with an isolated older person for regular visits.

Get in Contact

Tel: 07523 698 530

Email: info@letsbfriend.org.uk

Refer online [here](#)



Or Find your local
Link Worker

Practical Help for Older Adults

A package of support to stay independent at home

Who can help?: AgeUK Independent Living Co-ordination

Who is it for?: Anyone over 50

How?: They can offer a 3 month package to ...

- help you regain your independence
- increase your retirement-age benefits
- connect you to local activities & transport.

Get in Contact

Tel: 0114 250 2850

Emergency practical support in times of need

Who can help?: Sheffield Churches Council for Community Care (SCCCC)

Who is it for?: Anyone aged over 65 living alone

How?: They can provide practical support such as emergency shopping, moving furniture and feeding pets

Get in Contact

Tel: 0114 250 5292

e-mail: Tammy.wilson@scccc.co.uk



**Or Find your local
Link Worker**

Money Matters

Questions about benefits & Universal credit?

Who can help? Citizens Advice Bureau

How? They provide advice and advocacy on claiming Universal Credit, welfare benefits, tax credits and your statutory rights.

All advice is free, confidential and independent.

Speak with your local Sheffield branch.

Get in contact:

Tel: 0808 278 7820

Universal Credit helpline: 0800 144 8444

Worried about debts?

Who can help? Christians Against Poverty

How? They are a National charity providing free, independent, non-judgemental and confidential personal debt advice from trained debt advisors.

Speak with your local Sheffield branch.

Get in contact:

Tel: 0800 328 0006



**Or Find your local
Link Worker**

StepChange National UK Debt Support
Call for Free: 0800 138 1111

Problem Gambling

Are you worried about your gambling or someone else's?

Who can help? [Krysallis](#)

How? They offer free, non-judgmental & confidential treatment.

Treatments include a range of evidence-based therapies provided by qualified specialists on a one-to-one basis.

They support anyone impacted by problem gambling

Get in contact:

Tel: 01423 276327

Refer online [here](#)

Group support for gambling addiction

Who can help? [Gamblers anonymous](#)

How? A 12 step recovery programme.

Find your local group meeting.

No need to book and there is no cost.

Get in contact:

Find your local meeting [here](#)

info@gamblersanonymous.org.uk



**Or Find your local
Link Worker**

24/7 [National gambling helpline](#): 0808 8020 133