

# 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](#)

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[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](#)

[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](#)  
[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?](#)



## Link workers at 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:** [Margaret.barker5@nhs.net](mailto:Margaret.barker5@nhs.net)

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

**For enquiries:** 0114 213 4065



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

**For enquiries:** 0114 213 4065



[Who are  
Link workers?](#)

Or if you are between 13-25 years old...

## Link Workers at Sheffield Futures

Sheffield Futures is a young people's charity. They support young people to achieve their full potential in learning, employment and life to secure a positive future.

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

**Get in contact**

Ask your GP practice for a referral

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*“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*



Who are  
Link workers?

## Link Workers at 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

**e-mail:** [township.linkworkers@nhs.net](mailto: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?](#)

## Link Workers at 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](mailto: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?](#)

## Link Workers at Heeley Development 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:** [matthew.reeve1@nhs.net](mailto:matthew.reeve1@nhs.net)

[may.connolly@nhs.net](mailto:may.connolly@nhs.net)

**Tel:** 0114 399 1070



Who are  
Link workers?

## Link Workers at 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](mailto: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."*



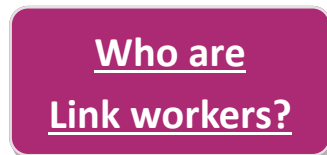
[Who are  
Link workers?](#)

## Your local Link Worker

### If you are registered with...

- Baslow Road Surgery
- Woodseats Medical Practice
- Meadowgreen Medical Practice
- Jordanthorpe Surgery
- Totley Rise Medical Centre
- Abbey Lane Surgery

...then you can receive support from a  
social prescribing link worker.



### Get in Contact

Ask your GP practice for a referral

## 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.

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

**Get in Contact**

**Tel:** 07444 142359

**E-mail:** [katy.travis@stocksbridgeclc.co.uk](mailto:katy.travis@stocksbridgeclc.co.uk)



**Who are  
Link workers?**



## Link Workers at 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.

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

### Get in Contact

**Tel:** 0114 2655 145/ 0114 278 9999

07904625928 **e-mail:**

[valjones@manorandcastle.org.uk](mailto: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”*



[Who are  
Link workers?](#)

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

## Link Workers at Sheffield Futures

Helping young people registered with The University  
Health Service Health Centre.

Sheffield Futures is a young people's charity,  
supporting young people to achieve their full  
potential.

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

**Get in contact**

Ask your GP practice for a referral



Who are  
Link workers?



*Sheffield futures can help young people with  
emotional and wellbeing, low self-esteem  
and confidence, difficulties at home or  
school, bullying, online safety, loneliness and  
social isolation, accessing social activities, ac-  
cessing work, training and volunteering op-  
portunities and making healthy lifestyle  
choices*

## 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](mailto:cswreferrals@sheffield.gov.uk)



Who are  
Link workers?

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

## Link Workers at Sheffield Futures

Sheffield Futures is a young people's charity. They support young people to achieve their full potential in learning, employment and life to secure a positive future.

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

### Get in contact

Ask your GP practice for a referral

## 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](mailto:cswreferrals@sheffield.gov.uk)



Who are  
Link workers?

If you are between 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 in learning, employment and life to secure a positive future.

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

Create Sheffield partners with Sheffield futures offering a range of services aimed at ages 11-16

[Visit their website here](#)

### Get in contact

Ask your GP practice for a referral

## 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](mailto:cswreferrals@sheffield.gov.uk)



**Who are**  
**Link workers?**

If you are over 50 years old...

## Link Workers at 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

# Employment: staying in, finding or returning to work

**Who can help?** [Working Win](#)

**Who is it for?** Anyone over 18 who is...

- unemployed and wants help to return to the workplace  
or
- employed, but off sick or in work and struggling, and would like help to sustain that work or find alternative, more suitable employment

**How can they help?** They provide free & individualised one-to-one work coach 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 2702043

**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**

**Tel:** 0800 612 0011 / 0330 660 1166

## ...If you're under 18

**Who can help?** [Zest Smokefree Service](#)

**Get in contact**

**Text:** QUITIT to 60075



[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**

**Tel:** 0114 2752051

**Whatsapp:** 07570948925

## Drug and alcohol problems

**Who can help?** [Sheffield Drug and Alcohol Co-ordination Team \(DACT\)](#)

**Who is it for?** Anyone over 18 who is addicted to alcohol, non-opiates, heroin or prescribed medicines

**Get in contact**

**Tel:** 0114 305 0500

# 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?** Improving Access to Psychological Therapies (IAPT)

**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

**E-mail:** [enquiries@sheffieldfutures.org.uk](mailto:enquiries@sheffieldfutures.org.uk)



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 who would like emotional support or counselling following a bereavement.

Unfortunately, the waiting list for local bereavement counselling is currently full.

However, trained counsellors are available from 9am to 9pm Monday to Friday via live chat online [here](#)

Or telephone the Cruse Freephone National Helpline:  
**0808 808 1677**

## Bereaved as a result of coronavirus?

**Who can help?** [Listening Ear](#)

**How can they help?** Counselling and support is available to anyone aged over 11 in South Yorkshire

**Get in Contact**

**Tel: 0800 048 5224**

[Self-refer online](#)



[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](mailto: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](#)

### Living at home independently into older age

**Who can help?** Live well at [home](#)

**Who can they help?** Anyone over 55 in Sheffield

**Who can they help?:** They can check for issues in your home like hoarding, damp and repairs & potential adaptations.

**Get in contact**

**Tel:** 0114 290 8359

**E-mail:** [livewellathome@syha.co.uk](mailto:livewellathome@syha.co.uk)

### Worried about losing your home?

**Who can help?** [Shelter](#)

**How can they help?** Expert housing advisers can provide guidance on homelessness and a range of housing issues.

**Get in contact**

**Tel:** 03301 755 121

# 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](mailto: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 planned walks and introduce yourself!**



Or Find your local  
Link Worker

# Loneliness in Older Adults

## 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 5293

**E-mail:** [mail@scccc.co.uk](mailto:mail@scccc.co.uk)

## Loneliness in over 65s

**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:** 07523698530

**Email:** [info@letsbfriend.org.uk](mailto: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 up to a 3 month package to ...

- To help you regain your independence
- Increase your retirement-age benefits
- Connect you to local activities & transport.

**Get in Contact**

**Tel:** 0114 250 2850



**Or Find your local  
Link Worker**

## Support to live independently at home

**Who can help?:** Live well at home managed by South Yorkshire Housing Association

**Who can they help?:** Anyone over 55

**Who can they help?:** They can support you following a hospital stay, carry out home checks and help with loneliness and mental health, particularly dementia.

**Get in contact**

**Tel:** 0114 290 8359

**E-mail:** [livewellathome@syha.co.uk](mailto:livewellathome@syha.co.uk)

## 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:** [mail@scccc.co.uk](mailto:mail@scccc.co.uk)

# 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 857 939

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:**

**Tel:** 0330 094 0322

[info@gamblersanonymous.org.uk](mailto:info@gamblersanonymous.org.uk)



**Or Find your local  
Link Worker**

**24/7 National gambling helpline: 0808 8020 133**