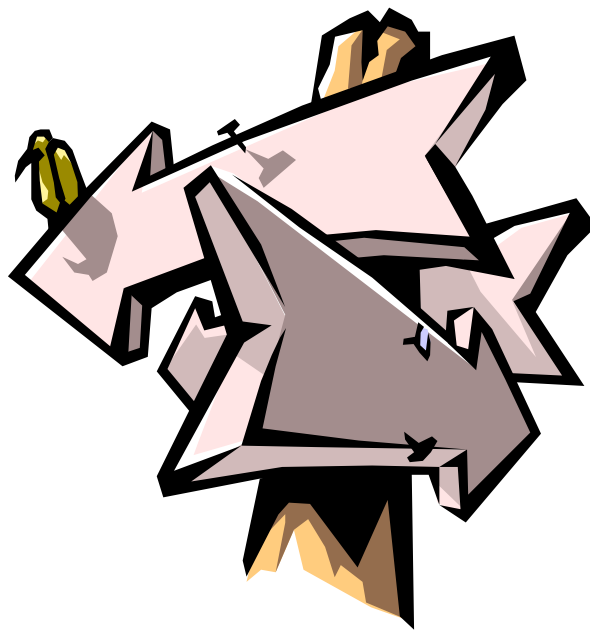


COMMUNITY PHARMACY

INFORMATION GUIDE TO SERVICES AVAILABLE WITHIN SHEFFIELD



SIGN POSTING GUIDE

ABOUT THIS INFORMATION GUIDE

This information guide has been produced to enable Community Pharmacies within NHS Sheffield to signpost or refer individuals who require further advice, support or treatment to other health and social care services in the statutory and voluntary sector. Further information can be found in your Community Pharmacy Contract at Section 1.

The guide is intended to be a reference document to be kept “behind the counter” for pharmacy staff to refer to as needed.

The information in this guide has been gathered from a variety of sources, and relevant website links are included where available. Up-to-date information on NHS services is available at www.sheffield.nhs.uk. Pages are colour-coded for ease of reference - further information is available on the contents page.

This guide has been published by NHS Sheffield and will be updated on an annual basis. If you have any suggestions or information which would be useful for future versions, or any other comments on this guide, please contact:

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NHS Sheffield – An Introduction

Sheffield Primary Care Trust (PCT), was formed on 1st October 2006 following the merger of North Sheffield PCT, South East Sheffield PCT, Sheffield South West PCT and Sheffield West PCT. There were two distinct roles to Sheffield PCT – the commissioning function and the provider services role e.g. District Nursing. The commissioning arm of the PCT changed its name to NHS Sheffield from 27th May 2008, following public consultation. The Provider Services arm continues to be known as Sheffield Primary Care Trust. Legally NHS Sheffield is still known as Sheffield Primary Care Trust.

Nationally Primary Care Trusts are responsible for allocating approximately 80% of the NHS budget on local health and social care services. As local organisations they are best positioned to understand the needs of their community and can ensure that organisations providing health and social care services are working effectively.

NHS Sheffield is responsible for commissioning primary and secondary care services, to ensure that there are enough services for people within the Sheffield area and that these services are accessible. It also works with local authorities and other agencies to ensure that health and social care systems work together for the benefit of patients.

Primary care refers to the type of community based care that a patient receives when they first identify and present with a health problem. Examples of primary care services are general practitioners (GPs), dentists, opticians, and pharmacists who work in the community. NHS walk-in centres and the NHS Direct phone line service are also a part of primary care.

Secondary care refers to the more specialised services that patients will be referred to if more complex treatment is required. This includes hospital out-patient referrals, accident and emergency treatment, and in-patient admissions.

Further information can be found on the NHS Sheffield website:

<http://www.sheffieldpct.nhs.uk>

Alternatively, you can contact NHS Sheffield at:

NHS Sheffield
722 Prince of Wales Road
Sheffield
S9 4EU

Tel: 0114 305 1000

Email: enquiries@sheffieldpct.nhs.uk

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GP PRACTICES (Ordered alphabetically)

Practices	Road	Town	Post Code	Phone
Abbey Lane Surgery	23 Abbey Lane	Sheffield	S8 0BJ	0845 125 5253
Avenue Medical Practice	7 Reney Avenue	Sheffield	S8 7FH	0845 122 2399
Barnsley Road Surgery	899 Barnsley Road	Sheffield	S5 0QJ	0844 576 9269
Baslow Road & Shoreham Street Surgeries	148 Baslow Road Totley	Sheffield	S17 4DR	0845 121 0244
Baslow Road & Shoreham Street Surgeries	251 Shoreham Street	Sheffield	S1 4SS	0845 124 2528
Beighton Health Centre	Queens Road, Beighton	Sheffield	S20 1BJ	0845 125 2282
Belgrave Medical Centre	22 Asline Road	Sheffield	S2 4UJ	0845 122 1643
Bents Green Surgery	98 Bents Road	Sheffield	S11 9RL	0114 236 0641
Birley Health Centre	120 Birley Lane	Sheffield	S12 3BP	0845 122 1881
Blackstock Road	29 Blackstock Road	Sheffield	S14 1AB	0845 126 6638
Bluebell Medical Centre	356 Bluebell Road	Sheffield	S5 6BS	0845 120 9944
Broomhill Surgery	5 Lawson Road, Broomhill	Sheffield	S10 5BU	0845 120 8207
Buchanan Road Surgery	72 Buchanan Road	Sheffield	S5 8AL	0845 122 2582
Burncross Surgery	1 Bevan Way, Chapeltown	Sheffield	S35 1RN	0114 232 9030
Burngreave Surgery	5 Burngreave Road	Sheffield	S3 9DA	0845 124 2528
Carrfield Medical Centre	Carrfield Street	Sheffield	S8 9SG	0845 124 8494
Carterknowle & Dore Medical Practice	1 Carterknowle Road	Sheffield	S7 2DW	0844 414 0602
Chapeltown Surgery	11 Ecclesfield Road, Chapeltown	Sheffield	S35 1TD	0845 124 3367
Charnock Health Primary Care Centre	White Lane	Sheffield	S12 3GH	0114 239 9202
Crookes Valley Medical Centre	1 Barber Road	Sheffield	S10 1EA	0845 122 2023
Darnall Community Health	246 Darnall Road	Sheffield	S9 5AN	0845 121 4313
Darnall Health Centre (Mehrotra)	2 York Road	Sheffield	S9 5DH	0845 122 7481
Darnall Health Centre (Swinden)	2 York Road	Sheffield	S9 5DH	0845 122 2474
Deepcar Medical Centre	271 Manchester Road, Deepcar	Sheffield	S36 2RA	0845 124 6243
Deer Park Surgery	3 Deer Park Close, Stannington	Sheffield	S6 5NA	0845 121 0246
Devonshire Green Medical Centre	126 Devonshire Street	Sheffield	S3 7SF	0845 122 7721
Dore Road Surgery	137 Dore Road	Sheffield	S17 3NF	0844 414 0820

Practices	Road	Town	Post Code	Phone
Dovercourt Surgery	3 Syke Edge Avenue	Sheffield	S2 5FX	0114 270 0997
Duke Medical Centre	28 Talbot Road	Sheffield	S2 2TD	0114 272 0689
Dunninc Road Surgery	28 Dunninc Road, Shiregreen	Sheffield	S5 0AE	0845 124 2289
Dykes Hall Medical Centre	156 Dykes Hall Road	Sheffield	S6 4GQ	0845 121 0223
Ecclesall Medical Centre	334 Millhouses Lane	Sheffield	S11 9JD	0845 120 4489
Ecclesfield Group Practice	96a Mill Road, Ecclesfield	Sheffield	S35 9XQ	0845 120 4443
Elm Lane Surgery	104 Elm Lane	Sheffield	S5 7TW	0845 124 2624
Falkland House	2a Falkland Road	Sheffield	S11 7PL	0845 126 0001
Far Lane Medical Centre	1 Far Lane	Sheffield	S6 4FA	0845 121 2328
Firth Park Surgery	400 Firth Park Road	Sheffield	S5 6HH	0845 121 1899
Fitzalan Road Surgery	1 Fitzalan Road	Sheffield	S13 9AW	0845 122 3031
Foxhill Medical Centre	363 Halifax Road	Sheffield	S6 1AF	0114 232 2055
Gleadless Medical Centre	636 Gleadless Road	Sheffield	S14 1PQ	0845 122 2686
Greenhill Health Centre	482 Lupton Road	Sheffield	S8 7NP	0845 127 0271
Grenoside Surgery	60 Greno Crescent, Grenoside	Sheffield	S35 8NX	0845 124 4254
Greystones Medical Centre	33 Greystones Rd	Sheffield	S11 7BJ	0114 266 6528
Hackenthorpe Medical Centre	Main Street, Hackenthorpe	Sheffield	S12 4LA	0845 121 7676
Handsworth Medical Centre	432 Handsworth Road	Sheffield	S13 9BZ	0114 269 7505
Hanover Medical Centre	William Street	Sheffield	S10 2EB	0845 122 7729
Harold Street Medical Centre	2 Harold Street	Sheffield	S6 3QW	0845 122 6566
Heeley Green Surgery	302 Gleadless Road	Sheffield	S2 3AJ	0845 121 8889
Herries Road Surgery	450 Herties Road	Sheffield	S5 8TL	0845 124 3331
Highgate Surgery	Highgate, Tinsley	Sheffield	S9 1WN	0845 122 2249
Jaunty Springs Health Centre	53 Jaunty Way	Sheffield	S12 3DZ	0845 122 2021
Jordanthorpe Health Centre	1 Dyche Close	Sheffield	S8 8DJ	0845 126 5686
Lodge Moor	14 Blackbrook Road	Sheffield	S10 4LP	0845 122 2082

Practices	Road	Town	Post Code	Phone
Lowedges & Batemoor Medical Centre	7 Lowedges	Sheffield	S8 8LW	0845 124 0737
Lowedges Surgery	127a Lowedges Road	Sheffield	S8 7LE	0845 123 6889
Manchester Road Surgery	484 Manchester Road	Sheffield	S10 5PN	0845 121 2332
Manor Park Medical Centre	204 Harborough Avenue	Sheffield	S2 1QU	0114 239 8602
Manor Top Medical Centre (Savani)	Rosehearty Ridgeway Rd	Sheffield	S12 2SS	0845 122 2383
Manor Top Medical Centre (Sharma)	Rosehearty Ridgeway Rd	Sheffield	S12 2SS	0845 122 2383
Margetson Surgery	1 Remindton Avenue	Sheffield	S5 9PA	0845 124 2664
Meersbrook Medical Centre	243-245 Chesterfield Rd	Sheffield	S8 0RT	0845 124 2627
Melrose Surgery	120a Burngreave Road	Sheffield	S3 9DE	0845 121 1552
Middlewood Medical Centre	621 Middlewood Road	Sheffield	S6 1TT	0845 122 3331
Mill Road Surgery	98a Mill Road	Sheffield	S35 9XQ	0845 124 1123
Mosborough Health Centre	34 Queen Street	Sheffield	S20 5BQ	0844 815 1000
Nethergreen Surgery	34-36 Nethergreen Road	Sheffield	S11 7EJ	0845 121 2214
Norfolk Park Health Centre	Tower Drive	Sheffield	S2 3RE	0845 122 2526
Northern Avenue Surgery	141 Northern Avenue	Sheffield	S2 2EJ	0114 239 8686
Norwood Medical Centre	360 Herries Road	Sheffield	S5 7HD	0845 124 2498
Old School Medical Centre	School Lane	Sheffield	S8 7RL	0845 121 2311
Oughtibridge Surgery	Church Street, Oughtibridge	Sheffield	S35 0FW	0845 125 5001
Owlthorpe Surgery	Moorthorpe Bank	Sheffield	S20 6PD	0844 815 1510
Page Hall Medical Centre	101 Owler Lane	Sheffield	S4 8GB	0844 415 7999
Park Health Centre	190 Duke Street	Sheffield	S2 5QQ	0114 272 7768
Pitsmoor Surgery	151 Burngreave Road	Sheffield	S3 9DL	0845 122 2231
Porter Brook Medical Centre	9 Sunderland Street	Sheffield	S11 8HN	0845 124 5567
Richmond Medical Centre	462 Richmond Road	Sheffield	S13 8NA	0845 122 2831
Richmond Road Surgery	400 Richmond Road, Handsworth	Sheffield	S13 8LZ	0845 125 2531
Rustlings Road Medical Centre	105 Rustlings Road	Sheffield	S11 7AB	0845 121 2252
Selborne Road Medical Centre	1 Selborne Road	Sheffield	S10 5ND	0845 125 7256

Practices	Road	Town	Post Code	Phone
Sharrow Lane Medical Centre	129 Sharrow Lane	Sheffield	S11 8AN	0845 123 8891
Sheffield Hallam University Medical Centre	Pond Street	Sheffield	S1 2BD	0845 122 2925
Sheffield Medical Centre	21 Spital Street	Sheffield	S3 9LB	0845 121 5399
Shiregreen Medical Centre	492 Bellhouse Road	Sheffield	S5 0RG	0845 121 1232
Sothall Medical Centre	24 Eckington Road	Sheffield	S20 1HQ	0845 122 2973
Southey Green Medical Centre	281 Southey Green Road	Sheffield	S5 7QB	0114 232 6401
Stannington Medical Centre (Ledingham)	Uppergate Road	Sheffield	S6 6BX	0845 124 7333
Stannington Medical Centre (Shurmer)	Uppergate Road	Sheffield	S6 6BX	0845 124 1041
Stonecroft Medical Centre	871 Gleadless Road	Sheffield	S12 2LJ	0114 239 8575
The Crookes Practice	203 School Road	Sheffield	S10 1GN	0845 120 4201
The Health Care Surgery, Palgrave Road	63 Palgrave Road	Sheffield	S5 8GS	0845 124 1113
The Health Centre	Thompson Hill, High Green	Sheffield	S35 4NF	0114 286 7000
The Hollies Medical Centre	20 St Andrews Road	Sheffield	S11 9AL	0845 124 3743
The Medical Centre Crystal Peaks	15 Peaks Mount	Sheffield	S20 7HZ	0845 121 4213
The Medical Centre, Tinsley Surgery	1a Ingfield Avenue	Sheffield	S9 1WZ	0114 261 0623
The Mulberry Practice	1 Mulberry Street	Sheffield	S1 2PJ	0114 226 1738
The Sloan Practice	251 Chesterfield Road	Sheffield	S8 0RT	0845 127 2001
Totley Rise Medical Centre	96 Baslow Road	Sheffield	S17 4DQ	0845 127 7223
Trafalgar House Medical Centre	45 Halifax Road	Sheffield	S6 1LA	0845 121 2287
Tramways Medical Centre (Morley)	54 Holme Lane	Sheffield	S6 4JQ	0845 126 6411
Tramways Medical Centre (Poyser)	54a Holme Lane	Sheffield	S6 4JQ	0845 122 3331
University Health Service Health Centre	53 Gell Street	Sheffield	S3 7QP	0114 222 2100
Upperthorpe Medical Centre	30 Addy Street Upperthorpe	Sheffield	S6 3FT	0845 120 4421
Upwell Street Surgery	93 Upwell Street	Sheffield	S4 8AN	0845 120 2826
Valley Medical Centre	Johnson Street, Stocksbridge	Sheffield	S36 1BX	0845 477 2562
Wadsley Bridge Medical Centre	103 Halifax Road	Sheffield	S6 1LA	0845 124 4662
Walkley House Medical Centre	23 Greenhow Street	Sheffield	S6 3TN	0845 122 2524

Practices	Road	Town	Post Code	Phone
Westfield Health Centre	Westfield Northway	Sheffield	S20 8NZ	0845 122 7527
White House Surgery	189 Prince of Wales Rd	Sheffield	S2 1FA	0845 122 7587
White Lane Surgery	203 White Lane	Sheffield	S12 3GG	0845 122 1767
Wincobank Medical Centre	205 Tyler Street	Sheffield	S9 1DJ	0845 124 2443
Woodhouse Health Centre	5-7 Skelton Lane, Woodhouse	Sheffield	S13 7LY	0844 815 1992
Woodseats Medical Centre	4 Cobnar Road	Sheffield	S8 8QB	0845 121 2526

Finding a GP

- search the nhs.uk website – www.nhs.uk
- contact NHS Direct 0845 4647
- visit one or two GP surgeries near where you live.

Registering or changing surgery

If you have any difficulties, contact the registration department at Brincliffe House for advice, Monday to Friday 09:00am to 17:00pm.

Telephone (0114) 2711000,

Treatment whilst away from home

If away from home or not registered with a GP and you fall ill, contact the nearest surgery and ask for treatment.

You can also contact NHS Direct for advice:

National NHS Direct Helpline: 0845 4647

Patients who require specialist community services e.g. physiotherapy, District Nursing, Health Visitors, podiatry etc should be referred to their GP in the first instance.

COMMUNITY PHARMACIES AND SERVICES OFFERED (ordered by Post Code)

Name and Contact Details				Services Offered									
Name	Address	Post Code	Tel No	Care Homes	H Pylori	Minor Ailments	EHC via PGD	Smoking Cessation	Supervised admin	Needle exchange	Anticoag	MURs	Chlamydia Screening
Boots the Chemist Ltd	4 - 6 High Street	S 1 1QF	276 8333	X	X	X	X	X	X			X	
Boots the Chemist Ltd	252 - 254 West Street	S 1 4EU	272 1554			X	X	X	X	X		X	X
Boots the Chemist Ltd	66 The Moor	S 1 4PA	272 5454		X	X	X		X	X		X	
Medisun Pharmacy Limited	255 Shoreham Street	S 1 4SS	273 9452		X	X	X		X			X	
The Co-operative Pharmacy	287 Prince Of Wales Road	S 2 1FH	253 0130			X			X	X		X	
Alliance Pharmacy	50 Manor Park Centre	S 2 1WE	239 6321		X				X	X		X	
The Co-operative Pharmacy	503 - 505 Gleadless Road, Newfield Green	S 2 2BS	239 7295	X	X	X	X	X	X			X	
Lloydspharmacy	131 Northern Avenue	S 2 2EH	239 8370	X	X	X	X	X	X			X	
Lloydspharmacy	Duke Medical Centre, 26 Talbot Road	S 2 2TD	272 7991		X	X	X	X	X			X	X
Lloydspharmacy	266 Gleadless Road, Heeley	S 2 3AH	255 3428			X			X			X	X
Park Grange Pharmacy	37 Park Grange Drive	S 2 3SF	272 7181		X	X	X	X	X			X	
Lloydspharmacy	3 - 7 Alderson Road	S 2 4UA	258 4116	X	X	X	X		X	X		X	X
Alliance Pharmacy	20 Asline Road	S 2 4UJ	255 1362	X	X	X			X			X	
Skye Pharmacy	The Dovercourt Centre, Sky Edge Avenue	S 2 5FX	275 1999			X		X	X			X	X
Lloydspharmacy	190 Duke Street	S 2 5QQ	275 9573		X	X		X	X			X	X
Lloydspharmacy	9 - 13 Exchange Street	S 2 5TR	272 0117	X	X	X	X	X	X			X	
Wicker Pharmacy	55 - 59 Wicker	S 3 8HT	272 7676	X	X	X	X	X	X	X		X	X
The Co-operative Pharmacy	Castle House, 24 Angel Street	S 3 8LN	275 5347		X	X	X	X	X			X	
Rowlands Pharmacy	149 Burngreave Road	S 3 9DL	275 4920	X		X		X				X	X
Lloydspharmacy	36 - 38 Ellesmere Road, Burngreave	S 4 7JB	272 4545	X	X	X		X	X			X	X
Alliance Pharmacy	119-121 Upwell Street	S 4 8AN	243 2593			X			X			X	
Fir Vale Pharmacy	29-31 Rushby Street, Firvale	S 4 8GN	242 0009			X							
Lloydspharmacy	17 - 19 Page Hall Road	S 4 8GS	242 6511	X	X	X		X	X			X	X
Rowlands Pharmacy	126 Hartley Brook Road, Shiregreen	S 5 0AW	245 6147			X			X			X	
Rowlands Pharmacy	493 Bellhouse Road, Shiregreen	S 5 0EP	245 6137		X	X	X	X	X			X	X
Rowlands Pharmacy	827 Barnsley Road, Lane Top	S 5 0QF	245 6567	X		X	X	X	X	X		X	
Lloydspharmacy	428-430 Firth Park Road, Firth Park	S 5 6HH	243 8533	X	X	X		X	X			X	
The Co-operative Pharmacy	427 Herries Road, Norwood	S 5 7HF	242 6855		X	X	X	X	X			X	
The Co-operative Pharmacy	255 Southey Green Road	S 5 7QB	232 5462		X	X	X	X	X			X	X
Lloydspharmacy	74 Buchanan Road, Parson Cross	S 5 8AL	240 0390		X	X		X	X			X	X
Lloydspharmacy	41 Margetson Crescent, Parson Cross	S 5 9ND	232 1741	X	X	X			X			X	
Allen & Bamfield Chemists Ltd	39 Wolfe Road, Foxhill	S 6 1BT	231 1570		X	X	X	X	X				
Lloydspharmacy	100 Halifax Road, Wadsley Bridge	S 6 1LH	231 1118		X	X		X	X			X	
The Co-operative Pharmacy	621 Middlewood Road, Hillsborough	S 6 1TT	231 1926		X	X			X			X	
Tesco Pharmacy	50 Montgomery Terrace Road, Uppertorpe	S 6 3BU	203 3447		X	X		X	X			X	
Lloydspharmacy	30 Addy Street, Uppertorpe	S 6 3FT	272 0883	X	X	X		X	X			X	
Rowlands Pharmacy	35 Greenhow Street	S 6 3TN	234 3615			X	X		X			X	
Lloydspharmacy	3a Far Lane, Wadsley	S 6 4FA	233 7529	X	X	X	X	X	X			X	X
Rowlands Pharmacy	Dykes Hall Pharmacy, 158 Dykes Hall Rd	S 6 4GQ	234 3383	X		X	X		X				
Boots the Chemist Ltd	11 - 12 Hillsborough Arcade, Middlewood Rd	S 6 4HL	234 3685	X		X	X	X	X			X	

Name and Contact Details				Services Offered									
Name	Address	Post Code	Tel No	Care Homes	H Pylori	Minor Ailments	EHC via PGD	Smoking Cessation	Supervised admin	Needle exchange	Anticoag	MURs	Chlamydia Screening
The Co-operative Pharmacy	54b Holme Lane, Hillsborough	S 6 4JQ	234 4994		X	X	X					X	
Lo's Pharmacy Ltd	1 Deer Park Close, Stannington	S 6 5NA	285 5569	X		X	X		X				
Lo's Pharmacy Ltd	5 Pond Road, Stannington	S 6 6DP	234 4309			X		X				X	
Sharrow Pharmacy	12 Wostenholm Road	S 7 1LJ	255 1210			X		X				X	
Your Local Boots Pharmacy	628 Abbeydale Road	S 7 2BA	255 1232		X	X	X					X	
Abbeydale Pharmacy	715-717 Abbeydale Road	S 7 2BE	255 5242		X	X		X					
Lloydspharmacy	17-21 Abbey Lane	S 8 0BJ	274 5414	X		X	X	X				X	
Boots the Chemist Ltd	Unit 5, Heeley Retail Park, Chesterfield Rd	S 8 0RG	258 2642		X	X			X			X	
Lloydspharmacy	261 Chesterfield Road, Meersbrook	S 8 0RT	255 4361		X	X	X	X	X			X	
The Co-operative Pharmacy	756 - 758 Chesterfield Road, Woodseats	S 8 0SE	255 4555		X	X	X	X	X			X	
Greenhill Pharmacy	206 Bocking Lane, Greenhill	S 8 7BP	237 7599			X	X						
Rowlands Pharmacy	126 Lowedges Road	S 8 7LD	237 3201		X	X	X		X				
Lloydspharmacy	333 Meadowhead	S 8 7UP	274 5403		X	X	X		X			X	X
Lloydspharmacy	Jordanthorpe Health Centre, 1 Dyche Close	S 8 8DJ	237 5618		X	X	X	X	X			X	X
The Co-operative Pharmacy	1A Cobnar Road, Woodseats	S 8 8QA	274 5320			X							
Derbyshire Lane Pharmacy	144 Derbyshire Lane	S 8 8SE	255 3269		X	X	X	X	X				
Sainsbury's Pharmacy	Archer Road, Millhouses	S 8 0TD	235 2745		X	X		X	X			X	X
Lloydspharmacy	Wincobank Medical Centre, 205 Tyler Street	S 9 1BH	242 6282		X	X	X	X	X			X	
Boots the Chemist Ltd	44a High Street, Meadowhall Shopping Centre	S 9 1EN	256 8011			X	X	X	X			X	
Lloydspharmacy	356 Newman Road, Wincobank	S 9 1LX	242 5785			X	X	X	X			X	
Assura Pharmacy Tinsley	6 Tinsley Centre, Bawtry Road	S 9 1UY	244 2121			X							
Weldricks Pharmacy	618 Staniforth Road, Darnall	S 9 4LN	244 1749		X	X			X			X	
Vantage Pharmacy	171 Main Road, Darnall	S 9 5HP	243 1890			X							
Crookes Valley Pharmacy Ltd	188 Crookesmoor Road	S10 1BE	268 0296			X	X					X	
Whitworth Chemists Ltd	219 School Road, Crookes	S10 1GN	266 9613			X	X					X	
Weldricks Pharmacy	150 Crookes	S10 1UH	266 3550		X	X			X	X		X	
Weldricks Pharmacy	298 Glossop Road	S10 2HS	276 1321		X	X	X	X	X			X	
Boots the Chemist Ltd	214 Fulwood Road, Broomhill	S10 3BB	266 0637			X	X	X	X			X	
Ranmoor Pharmacy	382 Fulwood Road, Ranmoor	S10 3GD	230 1877		X	X		X				X	X
Weldricks Pharmacy	66 Rochester Road, Lodge Moor	S10 4JQ	230 3983		X	X	X					X	
Crosspool Pharmacy	23 Sandygate Road, Crosspool	S10 5NG	266 1744			X	X	X					
Oakbrook Pharmacy	237 Oakbrook Road	S11 7EB	230 8560			X							
The Co-operative Pharmacy	294 Ringinglow Road	S11 7PX	230 1129					X				X	
Lloydspharmacy	Porter Brook Medical Centre, 9 Sunderland St	S11 8HN	272 2048	X	X	X	X		X			X	X
Alliance Pharmacy	Waitrose, 123 Ecclesall Road	S11 8HY	278 6762		X	X		X	X				
Lloydspharmacy	421 Ecclesall Road	S11 8PG	266 0976			X	X		X				
Boots the Chemist Ltd	649 Ecclesall Road, Hunters Bar	S11 8PT	266 0100		X	X		X	X			X	
Lloydspharmacy	942 Ecclesall Road, Banner Cross	S11 8TR	266 2208			X		X	X			X	X
Rowlands Pharmacy	101 Ecclesall Road South	S11 9PH	236 0701	X		X							
N Armstrong Ltd	867 Gleadless Road	S12 2LG	265 4306			X						X	
Vantage Pharmacy	2 Ridgeway Road, Manor Top	S12 2SS	239 8337	X	X	X	X	X	X		X	X	
The Co-operative Pharmacy	Birley Lane Health Centre, 120 Birley Lane	S12 3BP	253 0044			X			X			X	X

Name and Contact Details				Services Offered									
Name	Address	Post Code	Tel No	Care Homes	H Pylori	Minor Ailments	EHC via PGD	Smoking Cessation	Supervised admin	Needle exchange	Anticoag	MURs	Chlamydia Screening
Basegreen Pharmacy	37-39 Jaunty Way, Basegreen	S12 3DZ	264 5180			X	X	X	X			X	X
Charnock Pharmacy	Charnock Health Primary Care Centre, White Lane	S12 3GH	264 4455	X	X	X	X	X			X	X	X
The Co-operative Pharmacy	White Lane Pharmacy, 202 White Lane	S12 3GL	239 6174		X	X	X	X	X			X	
F & P Ltd	11 Main Street, Hackenthorpe	S12 4LA	248 4043			X		X				X	
Lloydspharmacy	52 Birley Moor Road, Frecheville	S12 4WD	239 6020		X	X	X	X	X			X	X
Rowlands Pharmacy	22 Chapel Street, Woodhouse	S13 7JN	269 5189			X			X				
Lloydspharmacy	1 Market Square, Woodhouse	S13 7JX	269 2136	X	X	X	X	X	X			X	X
Woodhouse Pharmacy	Woodhouse Medical Centre, 5 Skelton Lane	S13 7LY	288 004			X		X					
The Co-operative Pharmacy	439 Richmond Road	S13 8LU	239 7260			X		X	X			X	
Lloydspharmacy	292 - 294 Handsworth Road	S13 9BX	269 2461		X	X	X	X	X			X	X
Gleadless Valley Pharmacy Ltd	153 Blackstock Road, Gleadless	S14 1FX	264 8864			X		X	X			X	
The Co-operative Pharmacy	35 Townhead Road, Dore	S17 3GD	236 1028		X	X						X	
The Co-operative Pharmacy	45 Baslow Road, Totley	S17 4DL	236 1181		X	X	X	X	X			X	
Totley Pharmacy	158 Baslow Road, Totley	S17 4DR	236 1070	X	X	X		X	X			X	
Bradway Pharmacy Ltd	298 Twentywell Lane, Bradway	S17 4QH	236 0675			X	X	X				X	X
Queens Road Pharmacy Ltd	168 Queens Road, Beighton	S20 1DW	269 2761		X								
Sothall Pharmacy	26 Eckington Road, Sothall	S20 1HQ	247 7216			X	X		X				
Gilbert & Armstrong	36 Queen Street, Mosborough	S20 5BQ	248 6424	X	X	X	X	X				X	
Owlthorpe Pharmacy	1 Moorhorpe Bank., Owlthorpe	S20 6PD	251 4101			X							
Boots the Chemist Ltd	Unit C Crystal Peaks Retail Park, Drake House Way	S20 7JJ	247 8430			X			X			X	
Lloydspharmacy	Unit 39, Crystal Peaks West Mall, Eckington Way	S20 7PN	247 8335	X	X	X	X	X	X			X	X
Sainsbury's Pharmacy	Crystal Peaks Shopping Centre, Eckington Way	S20 7PQ	251 3204		X	X		X	X			X	
Swift Chemists Ltd	Morrisons Supermarket, 1 Oxclose Road North,	S20 8GN	228 0999			X	X						X
Lloydspharmacy	Unit 4, Westfield Centre, Westfield	S20 8ND	248 3600		X	X	X	X	X			X	X
M & A Dispensing Chemists	2 Bridge Hill, Oughtibridge	S35 0FL	286 2916			X	X					X	
Rowlands Pharmacy	The Old Surgery, Bevan Way	S35 1RN	246 2636			X		X	X			X	
Lloydspharmacy	1A Station Road, Chapeltown	S35 2XE	246 7320		X	X	X	X	X			X	X
Lloydspharmacy	High Green Health Centre, Thompson Hill	S35 4NF	284 8219		X	X	X	X	X			X	X
The Co-operative Pharmacy	58 Greno Crescent, Grenoside	S35 8NX	245 0021		X	X						X	
Wm Morrison Pharmacy	299 The Common, Ecclesfield	S35 9WJ	246 6874			X		X					
Lloydspharmacy	96a Mill Road, Ecclesfield	S35 9XQ	246 9383	X	X	X		X	X			X	
Lloydspharmacy	9 Johnson Street, Stocksbridge	S36 1BX	288 3313	X	X	X	X		X			X	X
The Co-operative Pharmacy	517A Manchester Road, Stocksbridge	S36 1DH	288 3156		X	X						X	
Deepcar Pharmacy	271 Manchester Road, Deepcar	S36 2RA	283 7057	X		X		X					

Please note that eligibility conditions apply to some of the pharmacy services described above, therefore please check with the relevant pharmacy before referring someone to them. For example, the Chlamydia screening service is available to both males and females aged 15 – 24 years old.

If looking for a Community Pharmacy in the Sheffield area:

- Contact NHS Direct on 0845 4647
- Choose one from the Yellow Pages
- Search the nhs.uk website – www.nhs.uk
- Check Sheffield Star for opening times

Community Pharmacy - Late Night Opening

Pharmacy	Telephone	Opening Hours
Abbeydale Pharmacy 715-717 Abbeydale Road S7 2BE	255 5242	Mon – Thurs: 7am – 8pm Fri & Sat: 24 hour opening Sun: Closed
Alliance Pharmacy Waitrose 123 Ecclesall Road S11 8HY	278 6762	Mon – Thurs: 8.30am – 8pm Fri: 8.30am – 9 pm Sat: 8am – 8pm Sun: 10am – 4pm
Boots The Chemists Ltd Unit 5, Heeley Retail Park Chesterfield Road, S8 0RG	258 2642	Mon – Fri: 8am – midnight Sat: 8am – 10pm Sun: 11am – 5pm
Boots The Chemists Ltd 44a High Street Meadowhall S9 1EN	256 8011/2	Mon: 9am - 2pm, 3pm – 9pm Tues & Wed: 9.30am – 2pm, 3pm – 9pm Thurs & Fri: 9am – 2pm, 3pm – 9pm Sat: 9am – 2pm, 3pm – 7pm Sun: 11am – 2pm, 3pm – 5pm
Boots The Chemists Ltd Unit C Crystal peaks Retail Park Drake House Way Crystal Peaks, S20 7JJ	247 8430	Mon – Sat: 8am – midnight Sun: 10.30am – 4.30pm
Fir Vale Pharmacy 29-31 Rushby Street Firvale, S4 8GN	242 0009	Mon – Sun: 8am – 10.30pm
Lloyds Pharmacy 3-7 Alderson Road, S2 4UA	258 4116	Mon – Sat: 8.45am – 10pm Sun: 10am – 8pm
Lloyds Pharmacy Unit 39, Crystal Peaks West Mall Eckington Way, S20 7PN	247 8335	Mon – Wed: 8.30am – 6pm Thurs & Fri: 8.30am – 8pm Sat: 9am – 5.30pm Sun: 10am – 4pm
Sainsburys Pharmacy Archer Road Millhouses, S8 0TD	235 2745	Mon – Fri: 7am – 11pm Sat: 7am – 10pm Sun: 10am – 4pm
Sainsburys Pharmacy Crystal Peaks Shopping Centre Eckington Way, S20 7PQ	251 3204	Mon – Fri: 7am – 11pm Sat: 7am – 10pm Sun: 10am – 4pm
Swifts Chemist Ltd Morrisons Supermarket 1 Oxclose Park Road North S20 8GN	228 0999	Mon – Wed: 9am – 8pm Thurs & Fri: 9am – 9pm Sat: 9am – 6pm Sun: 10am – 4pm
Tesco Pharmacy 50 Montgomery Terrace Road Upperthorpe, S6 3BU	203 3447	Mon – Sat: 8am – 8pm Sun: 10am – 4pm
Wicker Pharmacy 55-59 Wicker, S3 8HT	272 7676	Mon – Sat: 8.30am – 10pm Sun: 10am – 8pm
Wm Morrison Pharmacy 299 The Common, Ecclesfield, S35 9WJ	246 6874	Mon – Sat: 8.30am – 8pm Sun: 10am – 4pm
Woodhouse Pharmacy Woodhouse Medical Centre 5 Skelton Lane, S13 7LY	288 0004	Mon – Sat: 7am – 10pm Sun: 8am – 6pm

DENTISTS IN SHEFFIELD (ordered by Post Code)

Name	Address	Post code	Telephone
Manor Dental Practice	1a Motehall Road, Manor, SHEFFIELD	S2 1RA	0114 239 2985
J M Summerfield & Associates	2 Newfield Green Road, Gleadless, SHEFFIELD	S2 2BR	0114 239 8198
Al-Kufaishi & Associates	112-114 Richards Road, Heeley, SHEFFIELD	S2 3DU	0114 250 0122
Norfolk Park Dental Surgery	5 Samuel Road, Norfolk Park, SHEFFIELD	S2 3UA	0114 272 6603
Darling & Evans	240 London Road, Highfield, SHEFFIELD	S2 4LW	0114 255 0444
City Road Dental Practice	297 City Road, City Road, SHEFFIELD	S2 5HJ	0114 272 4409
Occidental	306-310 Shalesmoor, SHEFFIELD,	S3 8UL	0114 278 0110
Devonshire Quarter Dental Practice	1 Convent Walk, Broomsprings, SHEFFIELD	S3 7RX	0114 276 0483
Pitsmoor Dental Surgery	139 Burngreave Road, Pitsmoor, SHEFFIELD	S3 9DL	0114 272 3076
Pitsmoor Dental Surgery	139 Burngreave Road, Pitsmoor, SHEFFIELD	S3 9DL	0114 272 3076
Wensley & Wright	197-199 Spital Hill, Burngreave, SHEFFIELD	S4 7LF	0114 272 8821
Molineaux Dental Surgery	2 Molineaux Road, Shiregreen, SHEFFIELD	S5 0JX	0114 245 6080
Ffolliott Bird Dental Practice	73-75 Shiregreen Lane, Wincobank, SHEFFIELD	S5 6AD	0114 256 1511
W H Doherty	420 Firth Park Road, Firth Park, SHEFFIELD	S5 6HH	0114 242 6548
Firth Park Dental Clinic	40 North Park Quadrant, Frth Park, SHEFFIELD	S5 6NU	0114 226 2438
Firvale Dental Centre	14 Blyde Road, Firvale, SHEFFIELD	S5 7AF	0114 242 3111
Southey Hill Dental Surgeries	30 Southey Hill, Southey Green, SHEFFIELD	S5 8BE	0114 232 6219
Pawson Dental Practice	528 Herries Road, Shirecliffe, SHEFFIELD	S5 8TQ	0114 232 5938
Park Dental Care	241 High Greave, Ecclesfield, SHEFFIELD	S5 9GS	0114 246 7739
Parson Cross Dental Surgery	47a Margetson Crescent, Parson Cross, SHEFFIELD	S5 9ND	0114 232 4002
Wadsley Bridge Dental Practice	95-97 Halifax Road, Wadsley Bridge, SHEFFIELD	S6 1LA	0114 231 3489
Lucking, Wakefield & Taylor	89 Leppings Lane, Hillsborough, SHEFFIELD	S6 1SU	0114 234 9917
Thompson & Thomas	621 Middlewood Road, SHEFFIELD,	S6 1TT	0845 241 4575
Hillsborough Family Dental Centre	1 Victor Street, Hillsborough, SHEFFIELD	S6 2SA	0114 234 4810
Family Dental Care Centre	76 Langsett Road, Walkley, SHEFFIELD	S6 2UB	0114 234 3346
Montgomery House Dental Centre	83 Infirmary Road, Netherthorpe, SHEFFIELD	S6 3BZ	0114 272 4690
Ffolliott Bird Dental Practice	263-265 South Road, Walkley, SHEFFIELD	S6 3TA	0114 233 5332
Minto Road Dental Care	1 Minto Road, Hillsborough, SHEFFIELD	S6 4GJ	0114 234 3469
Hillsborough Park Dental Practice	219 Middlewood Road, Hillsborough, SHEFFIELD	S6 4HD	0114 234 3675
Holme Lane Dental Surgery	125 Holme Lane, Hillsborough, SHEFFIELD	S6 4JR	0114 234 2814
Forge Farm Dental Practice	22 Stannington Road, Malin Bridge, SHEFFIELD	S6 5FL	0114 233 1430
Abbeydale Road Practice	4 Abbeydale Road, Highfield, SHEFFIELD	S7 1FD	0114 255 2180
Mr A Hussain	281 Abbeydale Road, Heeley Bridge, SHEFFIELD	S7 1FJ	0114 255 2035
Pickering Dental Services	765 Abbeydale Road, Millhouses, SHEFFIELD	S7 2BG	0114 258 8549

DENTISTS IN SHEFFIELD (ordered by Post Code)

Name	Address	Post code	Telephone
Woodseats Dental Surgery	44 Holmhirst Road, Woodseats, SHEFFIELD	S8 0GU	0114 274 9083
Chesterfield Road Dental Practice	655 Chesterfield Road, Woodseats, SHEFFIELD	S8 0RY	0114 255 6344
Broadfield Dental Practice	6 Broadfield Close, SHEFFIELD,	S8 0XN	0114 255 0772
Mr A Bird	177 Hemper Lane, Greenhill, SHEFFIELD	S8 7FB	0114 237 7642
The Hemper Lane Dental Surgery	58 Hemper Lane, Bradway, SHEFFIELD	S8 7FD	0114 237 7275
Drury-Smith Family Dental Care	120 Low Edges Road, Low Edges, SHEFFIELD	S8 7LD	0845 1247331
Azure Dental Practice	121 Bawtry Road, Tinsley, SHEFFIELD	S9 1UF	0114 244 5278
V Orliaklis	652-654 Staniforth Road, Attercliffe, SHEFFIELD	S9 4LP	0114 244 1731
M P Dewar	299 Main Road, Darnall, SHEFFIELD	S9 4QG	0114 244 1682
Crookes Valley Medical Centre	1a Barber Road, Crookesmoor, SHEFFIELD	S10 1EA	0114 266 0861
School Road Dental Surgery	257 School Road, Crookes, SHEFFIELD	S10 1GQ	0114 266 1335
The Orthodontic Clinic	271 Glossop Road, Broomfield, SHEFFIELD	S10 2HB	0114 272 1700
J B Lenton & Associates	440 Glossop Road, Broomhill, SHEFFIELD	S10 2PX	0114 266 1665
Occidental	295 Western Bank, SHEFFIELD,	S10 2TJ	0114 278 0110
The Northumberland Road Dental Practice	17 Northumberland Road, Broomhill, SHEFFIELD	S10 2TT	0114 272 9927
Tom Lane Dental Practice	12 Tom Lane, Nethergreen, SHEFFIELD	S10 3PB	0114 230 1431
Canterbury Dental Practice	23 Canterbury Avenue, Fulwood, SHEFFIELD	S10 3RU	0114 230 5822
Redmires Dental Care	68 Rochester Road, SHEFFIELD,	S10 4JQ	0114 229 5020
Taptonville House Dental Practice	1 Taptonville Road, Broomhill, SHEFFIELD	S10 5BQ	0845 122 7787
Sandygate Dental Clinic	17a Sandygate Road, Crosspool, SHEFFIELD	S10 5NG	0114 266 1265
Percival & Burnham	70 Ringinglow Road, Ecclesall, SHEFFIELD	S11 7PQ	0114 266 0651
Percival & Burnham	70 Ringinglow Road, Ecclesall, SHEFFIELD	S11 7PQ	0114 266 0651
C P V Dental Care	237a Ringinglow Road, Ecclesall, SHEFFIELD	S11 7PU	0114 262 0396
Porter Brook Dental Centre	11 Sunderland Street, SHEFFIELD,	S11 8HN	0845 125 3001
Orthoscene	481 Ecclesall Road, SHEFFIELD,	S11 8PP	0114 267 8797
Orthodontic Centre (Mr O'Dwyer)	498 Ecclesall Road, Sharrow Vale, SHEFFIELD	S11 8PY	0114 268 4753
Orthodontic Centre (Mrs Murphy)	498 Ecclesall Road, Sharrow Vale, SHEFFIELD	S11 8PY	0114 268 4753
Orthodontic Centre (A Taylor)	498 Ecclesall Road, Sharrow Vale, SHEFFIELD	S11 8PY	0114 268 4753
Orthodontic Centre (Mr Tinsley)	498 Ecclesall Road, Sharrow Vale, SHEFFIELD	S11 8PY	0114 268 4753
Orthodontic Centre (Miss Parkin)	498 Ecclesall Road, Sharrow Vale, SHEFFIELD	S11 8PY	0114 268 4753
Lucking, Wakefield & Taylor	719 Ecclesall Road, Ecclesall, SHEFFIELD	S11 8TG	0114 266 2853
K Simpson	224 Psalter Lane, Brincliffe, SHEFFIELD	S11 8UT	0114 266 1631
Taylor's Dental Care	262 Sharrow Vale Road, Hunters Bar, SHEFFIELD	S11 8ZH	0114 268 6076
Collins & Ball Dental Practice	60 Ecclesall Road South, Ecclesall, SHEFFIELD	S11 9PF	0114 266 2212

DENTISTS IN SHEFFIELD (ordered by Post Code)

Name	Address	Postcode	Telephone
Bents Road Surgery	26 Bents Road, Ecclesall, SHEFFIELD	S11 9RJ	0114 236 0440
R D Brook	188 Mansfield Road, Intake, SHEFFIELD	S12 2AQ	0114 239 6830
Gleadless Dental Centre	498 Ridgeway Road, Gleadless, SHEFFIELD	S12 2JX	0114 264 6131
Corner House Dental Practice	2 Norton Avenue, Gleadless, SHEFFIELD	S12 2LB	0114 239 7697
Hurlfield Dental Practice	49 Hurlfield Road, Manor Top, SHEFFIELD	S12 2SD	0114 239 1906
Ridgeway Dental Practice	80 Ridgeway Road, Gleadless, SHEFFIELD	S12 2SX	0114 265 1581
Hackenthorpe Family Dental Health Centre	Main Street, Hackenthorpe, SHEFFIELD	S12 4LB	0114 248 0071
Birley Moor Dental Care	130 Birley Moor Road, Frecheville, SHEFFIELD	S12 4WH	0114 239 8545
J M Laurent	82 Birley Moor Road, Frecheville, SHEFFIELD	S12 4WH	0114 239 9481
Lenton & Associates	9 Skelton Lane, Woodhouse, SHEFFIELD	S13 7LY	0114 269 2715
Limb & Limb	22 Balmoral Road, Woodhouse, SHEFFIELD	S13 7QG	0114 269 2039
Richmond Dental Care	429 Richmond Road, Richmond, SHEFFIELD	S13 8LU	0114 239 9296
Handsworth Dental Practice	269 Handsworth Road, Handsworth, SHEFFIELD	S13 9BN	0114 269 2614
Orgreave Dental Surgery	25 Orgreave Lane, Handsworth, SHEFFIELD	S13 9NE	0114 269 4808
Dore Dental Practice	27 Causeway Head Road, Dore, SHEFFIELD	S17 3DR	0114 236 8402
Totley Rise Dental Practice	85 Baslow Road, Totley Rise, SHEFFIELD	S17 4DP	0114 236 0333
High Street Dental Care	99 High Street, Mosborough, SHEFFIELD	S20 5AF	0114 248 4400
Crystal Peaks Orthodontics Centre	15 Peaks Mount, Crystal Peaks, SHEFFIELD	S20 7HZ	0114 228 0100
Crystal Peaks Dental Centre	15 Peaks Mount, Waterthorpe, SHEFFIELD	S20 7HZ	0114 251 0165
The Harwood Clinic	1 Harwood Gardens, Waterthorpe, SHEFFIELD	S20 7LE	0114 248 9547
Park Dental Care	4 Burncross Road, Chapelton, SHEFFIELD	S35 1SF	0114 245 2154
HDS Dental Care	97 Lound Side, Chapelton, SHEFFIELD	S35 2US	0114 246 7514
High Green Dental Practice	3a Wortley Road, High Green, SHEFFIELD	S35 4LQ	0114 284 6723
Norfolk House Dental Surgery	40 Norfolk Hill, Grenoside, SHEFFIELD	S35 8QB	0114 245 6130
ADP Stocksbridge Dental Practice	11 Johnson Street, Stocksbridge, SHEFFIELD	S36 1BX	0114 288 4050

Sheffield Out-of-Hours Dental Emergency Service	0844 7368440
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NB: Not all dentists offer NHS services. Please see the section below on how to find an NHS dentist.

What is an NHS Dentist?

An NHS Dentist is a dentist who has agreed with their local Primary Care Trust (PCT) to provide NHS dental services. Dentists can choose how much or how little NHS work they do and most do a mixture of NHS and private work.

People should check with their dentist to see if they are able to accept them on to their NHS list, although it may not always be necessary to register in order to receive regular treatment. Any practice which provides NHS dentistry can be contacted and asked for an appointment.

NHS dental treatment can meet all the person's clinical needs - that means the treatment which is necessary to secure and maintain their oral health i.e. keeping teeth and gums healthy. This includes treatments such as dentures, crowns and bridges.

NHS Charges

There are now three standard charges for all NHS dental treatments. This makes it easier to know how much a person may need to pay and also helps to ensure that they are being charged for NHS care (rather than private care).

The maximum charge for a complex course of treatment is £198.00

Most courses of treatment cost £16.20 or £44.60.

If someone is looking for an NHS dentist in the Sheffield area they can do any of the following:

- contact a dental practice directly
- contact the local Dental helpline – 0114 271 1050 (answer phone service – callers leave details and will be called back)
- contact NHS Direct – 0845 4647
- search the nhs.uk website – www.nhs.uk
- choose one using friends/relatives recommendations
- choose one from the Yellow Pages

Treatment for patients with special needs

Special needs include adults and children with disabilities, adults who are mentally ill, and patients with a genuine fear of dental care. Many General Dental Practitioners provide dental care for special needs. If someone is having difficulty obtaining care, they can ask a carer or caring agency to make a referral to the Community Dental Service (CDS). The CDS can be contacted via the Heeley Dental Clinic, 25 Gifford Road, Heeley, Sheffield, 0114 226 1721 / 0114 226 1722.

Urgent or out-of-hours dental care

NHS dental care is always available to an individual if they are in discomfort, whether they have a regular dentist or not. Urgent and out-of-hours treatment will include treatment that is necessary to relieve pain. Unless the person's condition is serious, the local out-of-hours dental service may advise them to take pain relief and book an appointment for during normal clinic hours.

Urgent and 'out of hours' telephone number: 0844 7368440

OPTICIANS IN SHEFFIELD (ordered by Post Code)

Name	Address	Post Code	Telephone
Boots Opticians Ltd	4-6 High Street, SHEFFIELD	S1 1QF	0114 276 1662
Specialeyes NE	T J Hughes, 50 High Street, SHEFFIELD	S1 1QH	0114 263 4147
Castle Eyecare	69 Castle Market, SHEFFIELD	S1 2AD	0114 273 9662
Scrivens Ltd	9 Leopold Street, SHEFFIELD	S1 2GY	0114 272 7307
Andrew Garner Designer Eyewear	107 Pinstone Street, SHEFFIELD	S1 2HJ	0114 272 1467
Specsavers Opticians	121/123 Pinstone Street, SHEFFIELD	S1 2HL	0114 275 5121
Eyefinity Ltd	44 Pinstone Street, SHEFFIELD	S1 2HN	0114 279 9900
Dollond & Aitchison	76 Pinstone Street, SHEFFIELD	S1 2HP	0114 272 0400
J C Bird Limited	41-43 Surrey Street, SHEFFIELD	S1 2LG	0114 270 1423
Carter Bailey Opticians Limited	6 Fitzwilliam Street, SHEFFIELD	S1 4JL	0114 272 5418
Vision Express Ltd	31 The Moor, SHEFFIELD	S1 4PF	0114 278 0838
Martyn Kemp Opticians	926-928 City Road, SHEFFIELD	S2 1GQ	0114 239 7230
Dollond & Aitchison	Eyeland House, 633 Queens Road, SHEFFIELD	S2 4DX	0114 250 0690
J Harvey & Co	160 London Road, SHEFFIELD	S2 4LT	0114 255 0707
A C Smith Opticians	7 Exchange Street, SHEFFIELD	S2 5TR	0114 275 2695
Dollond & Aitchison	4 Waingate, SHEFFIELD	S3 8LB	0114 272 0388
Scrivens Ltd	36 Waingate, SHEFFIELD	S3 8LB	0114 272 3504
Pinstone Eye Care	59 Bellhouse Road, Firth Park, SHEFFIELD	S5 6HJ	0114 256 2501
Martyn Kemp Opticians	32 - 34 Bellhouse Road, Firth Park, SHEFFIELD	S5 6HL	0114 242 4248
Eye Care Opticians Sheffield Ltd	180 Firth Park Road, SHEFFIELD	S5 6WQ	0114 243 5599
Martyn Kemp Opticians	443-445 Herries Road, Shirecliffe, SHEFFIELD	S5 8TJ	0114 232 5503
Premier Eyecare	3 Learoyd Way, Hillsbrough Barracks, SHEFFIELD	S6 2LR	0114 285 2696
Martyn Kemp Opticians	301 South Road, Walkley, SHEFFIELD	S6 3TA	0114 233 3083
Martin Johnson Opticians Ltd	13 Middlewood Road, Hillsborough, SHEFFIELD	S6 4GU	0114 233 2600
Hillsborough Specsavers Ltd	12-14 Middlewood Road, Hillsborough, SHEFFIELD	S6 4GY	0114 283 4020
Greaves Opticians	88 Middlewood Road, Hillsborough, SHEFFIELD	S6 4HA	0114 234 3638
Martyn Kemp Opticians	739 Abbeydale Road, SHEFFIELD	S7 2BG	0114 255 6554
David Timmins - Optometrist	26 Terminus Road, Millhouses, SHEFFIELD	S7 2LH	0114 262 1955
Lawrence Jenkinson Opticians	784 Chesterfield Road, SHEFFIELD	S8 0SF	0114 255 4490
Alex Gage Opticians Ltd	857 Chesterfield Road, SHEFFIELD	S8 0SQ	0114 274 8582
Vision Express Ltd	3 The Arcade, Meadowhall Shopping Centre, SHEFFIELD	S9 1EH	0114 256 8899
Boots Opticians Ltd	44A High Street, Meadowhall Shopping Centre, SHEFFIELD	S9 1EN	0114 256 9122
Optical Express	8 High Street, Meadowhall Shopping Centre, SHEFFIELD	S9 1EN	0114 256 8094

OPTICIANS IN SHEFFIELD (Ordered by Post Code)

Name	Address	Post Code	Telephone
Vision Express Ltd	57 High Street, Meadowhall Shopping Centre, SHEFFIELD	S9 1EN	0114 256 8866
Optical Express	30 The Gallery, Meadowhall Shopping Centre, SHEFFIELD	S9 1EP	0114 256 9036
Parkhurst Opticians	439 Staniforth Road, SHEFFIELD	S9 3FQ	0114 244 2271
Andrew Bamforth Opticians Ltd	628 Staniforth Road, SHEFFIELD	S9 4LP	0114 244 2496
Tunnacliffe & Lambert	186 Main Road, Darnall, SHEFFIELD	S9 5HQ	0114 244 1187
Scrivens Ltd	356 Glossop Road, SHEFFIELD	S10 1HW	0114 272 5864
HS Eyecare	229 Crookes, SHEFFIELD	S10 1TE	0114 268 6000
Peter Bland Opticians	339 Glossop Road, SHEFFIELD	S10 2HP	0114 270 0803
Carter Bailey Opticians Ltd	294 Glossop Road, SHEFFIELD	S10 2HS	0114 272 3549
David Inman Opticians	265 Fulwood Road, SHEFFIELD	S10 3BD	0114 266 2292
Boyden-Hare Opticians	8 Brooklands Avenue, Fulwood, SHEFFIELD	S10 4GA	0114 230 3065
Alex Gage Opticians	4 Crookes Road, Broomhill, SHEFFIELD	S10 5BB	0114 266 7066
Boyden-Hare Opticians	276 Ringinglow Road, SHEFFIELD	S11 7PX	0114 230 7888
Insight Opticians	434 Ecclesall Road, SHEFFIELD	S11 8PX	0114 266 0945
David Inman Opticians Ltd	902 Ecclesall Road, SHEFFIELD	S11 8TR	0114 266 3377
Daybell & Choo Optometrists	290 - 292 Sharrowvale Road, Hunters Bar, SHEFFIELD	S11 8ZL	0114 267 1828
Armstrongs Opticians	198 Ridgeway Road, SHEFFIELD	S12 2TA	0114 239 8388
Westfield Opticians	201 White Lane, Gleadless, SHEFFIELD	S12 3GG	0114 264 6818
Martyn Kemp Opticians	38 Chapel Street, Woodhouse, SHEFFIELD	S13 7JP	0114 269 3521
Asda Opticians	Asda Supermarket, Handsworth Road, SHEFFIELD	S13 9BN	0114 263 5012
Dore Opticians	25 Townhead Road, Dore, SHEFFIELD	S17 3GD	0114 236 3200
Martyn Kemp Opticians	63 Baslow Road, Totley Rise, SHEFFIELD	S17 4DL	0114 236 4485
Ian Van Hoof Optometrist	46 High Street, Mosborough, SHEFFIELD	S20 5AE	0114 248 4485
Dolland & Aitchison	Unit 17, Crystal Peaks Shopping Centre, Eckington Road, SHEFFIELD	S20 7PQ	0114 247 7860
Specsavers Opticians	50D Crystal Peaks Shopping Centre, Eckington Way, SHEFFIELD	S20 7PQ	0114 251 3111
Thomas & Holloway	15 Ecclesfield Road, Chapeltown, SHEFFIELD	S35 1TD	0114 246 7764
Lugton Opticians	15 Station Road, Chapeltown, SHEFFIELD	S35 2XE	0114 245 4804
A J Hurdley Opticians	125 Cross Hill, Ecclesfield, SHEFFIELD	S35 9YS	0114 246 8127
Martyn Kemp Opticians	Medical Centre, Johnson Street, SHEFFIELD	S36 1BX	0114 288 2287

If you are looking for an optician in the Sheffield area then you can:

- contact NHS Direct on **0845 4647**
- search the nhs.uk website – www.nhs.uk
- choose one using friends/relatives recommendations
- choose one from the Yellow Pages

Eye-care professionals who work in opticians' practices can be:

- Optometrists - also called ophthalmic opticians - who carry out eye tests to check the quality of a person's sight, look for signs of eye disease which may need treatment from a doctor or eye surgeon and prescribe and fit glasses and contact lenses.
- Ophthalmic medical practitioners, who are medical doctors trained to carry out eye examinations and prescribe glasses.
- Dispensing opticians, who fit glasses and contact lenses, but do not test eyes. They can give advice on types of lens, such as single-vision or bifocal, and help to choose frames.

Eligibility for free NHS sight tests

A person is entitled to a free NHS sight test if they are:

- Under 16, or under 19 and in full time education
- Aged 60 or over
- Registered blind or partially sighted
- Diagnosed as having diabetes or glaucoma
- 40 or over with a first degree relative with glaucoma, or they have been advised by an ophthalmologist that they are at risk of glaucoma or prescribed a complex lens

A person is also entitled to a free NHS sight test if they (or their partner) receive the following benefits or credits:

- Income Support or Income Based Job Seekers Allowance (not contribution based),
- Pension Credit Guarantee Credit,
- Are entitled to, or named on, a valid NHS tax credit exemption certificate, or are named on a valid NHS certificate for full help with health costs (HC2).
- People named on an NHS certificate for partial help with health costs (HC3) might also get help.

People will be asked to show proof of their entitlement to free NHS sight tests.

Sheffield NHS Walk In Centre

NHS walk-in centres offer fast and convenient access to healthcare advice and treatment for minor injuries and illnesses. They have been introduced to help anyone whose modern, busy lifestyle, or practical circumstances and particular needs, make flexible and accessible services so important. They don't replace local GP or hospital services but complement existing local services. No appointment is needed and assessments are carried out by experienced NHS nurses who provide a skilled, safe and caring service. NHS walk-in centres are open and available to anyone who can normally access NHS services.

An experienced NHS nurse will provide health advice, information and treatment for the following:

- treatment for minor illnesses
- emergency contraception
- sexual health and contraception advice
- advice and information on health issues
- Treatment of minor infections (antibiotics dispensing)
- General health care assessments

The Sheffield NHS Walk In Centre is located at:

B Floor
Royal Hallamshire Hospital
Glossop Road
Sheffield S10 2JF

A map showing the entrance to the Walk In Centre is on the following page.

Opening Times: 8am to 8pm every day

No appointment is necessary. At busy times and Bank Holidays early arrival at the centre is advised, as waiting times can increase throughout the day and peak towards closing time.

Sheffield GP Out of Hours Collaborative

Sheffield GP Out of Hours Collaborative offers an out of hours general practice service that is made up of telephone advice, treatment at the primary care centre (located at the Royal Hallamshire Hospital) or a home visit, depending on the patient's needs.

The Collaborative is also able to provide transport for those patients asked to attend the primary care centre who do not have transport of their own.

The GP Collaborative is open at the following times:

Weekdays: 6:30pm - 8am the following morning

Weekends: 6:30pm Friday - all day Saturday - all day Sunday - closes 8am Monday

It is also open on **Bank Holidays** and during **holiday periods** when surgeries are closed. At all other times a telephone answering service is provided.

In order to make use of the services provided by Sheffield GP Collaborative the following steps should be followed:

- 1. The patient should telephone their own GP's Surgery.** There are differences in when surgeries are open and which out of hours service they use.
- 2. The call will be answered by Local Care Direct.** If the patient is not automatically transferred they should follow the instructions on the answer phone message.
- 3. The patient will be asked to provide details to the operator.** These are entered onto a computer record and passed to a Nurse or Doctor as appropriate.
- 4. The patient will be asked to wait for the Nurse/Doctor to call back.** If the patient's condition deteriorates significantly they should ring again. The Nurse/Doctor will call the patient to discuss the problem and agree the necessary action.

Many problems are resolved through telephone advice from the Nurse/Doctor. This can include the issuing of a prescription for collection by the patient from a local chemist.

Some patients will be invited to attend the **Primary Care Centre** ([see map](#)), where they will see a Nurse or Doctor. Patients attending the Centre are expected to organise their own transport, but where this is impossible, transport can be provided.

If a Nurse/Doctor decides that a **home visit** is necessary, one of the GPs working for the Collaborative will travel to the patient's home. These journeys are made in designated cars with a Doctor's Assistant driving.

Address:

Sheffield GP Collaborative
A Floor
Royal Hallamshire Hospital
Glossop Road
Sheffield S10 2JF

Please note: The GP Collaborative is due to move to the Northern General Hospital during 2009.



Accident and Emergency Services

For injury or other conditions needing emergency surgical or medical attention:

A & E Department (adults aged 16 and over)

Huntsman Building
D floor
Northern General Hospital
Herries Road
Sheffield S5 7AU
Tel: (0114) 243 4343

Opening times: Monday to Sunday 24 hour service

A & E Department (children and young people aged 15 and under)

Sheffield Children's Hospital
Western Bank
Sheffield S10 2TH
Tel: (0114) 271 7000

Opening times: Monday to Sunday 24 hour service

When is it an emergency?

An emergency is a critical or life-threatening situation like the following examples and in any of these instances, seek urgent medical attention:

- Suspected heart attack
- Unconsciousness
- Suspected broken bones
- Deep wounds such as stab wounds
- Chest pain
- Heavy blood loss
- Severe breathing difficulties
- Head injury

Emergency Eye Centre

Walk in service, no appointment necessary. Located on A Floor at Royal Hallamshire Hospital. For eye emergencies outside of the opening times refer to A & E.
Tel: 271 2726

Opening times: Monday to Wednesday, Friday 8.30am – 4.30pm, Thursday 8.30am – 3pm.

For injury or other conditions needing non-urgent surgical or medical attention:

Minor Injuries Unit
B Floor Royal Hallamshire Hospital
Glossop Road
Sheffield S10 2JF
Tel: (0114) 2711900

Opening times: Monday to Sunday 8:00am to 8:00pm
Emergency Nurse Practitioners provide health advice, information and treatment for any new minor injuries such as cuts and bites, arm and leg injuries, foreign bodies in eyes and ears, stitching and X-rays.

Sheffield Children's NHS Foundation Trust

Sheffield Children's Hospital is a major provider of healthcare for children and young people in Sheffield, South Yorkshire and beyond. Its services are located at Sheffield Children's Hospital on Western Bank and also at a number of sites across Sheffield.

Sheffield Children's Hospital

Western Bank
Sheffield S10 2TH
Tel: 0114 271 7000



Parking at the Hospital

Car parking at the hospital is **extremely limited**; therefore use public transport wherever possible. The hospital car park is situated on either side of the main entrance off Durham Road. The car park is a pay and display so people will need to have change in order to use the car park. Patients or their families with a disability who hold a 'blue badge' can park for free.

Buses

The following buses serve the Children's Hospital:

From Sheffield Interchange – The number 40 stops on Glossop Road and is less than a five minute walk from the Children's Hospital. Services run every ten minutes during the day and every twenty minutes in the evening.

From the City Centre, High Street – The number 51 and 52 stops outside the Children's Hospital on Western Bank. Services run every six minutes during the day and then every twelve minutes in the evening.

From Dore – The number 30 stops on Glossop Road. Services run every thirty minutes during the day, then every hour in the evening. Hourly bus services link the Children's Hospital to Meadowhall, Oughtibridge, Deepcar, Stocksbridge, Chapeltown, Hillsborough and the Northern General Hospital. More information is available from Traveline (01709 515151) or at www.sypte.co.uk.

Supertram

The nearest Supertram stop is the University of Sheffield which is a ten minute walk, please see the map.

From Sheffield Rail Station – Trams run from the station to the University tram stop on the Blue Route (destination Malin Bridge).

From the city centre – Trams run on both the Blue route and the Yellow route (destination Middlewood). Services run every ten minutes during the day, and every twenty minutes in the evening and on Sundays.

Sheffield Health & Social Care NHS Foundation Trust

The Sheffield Health and Social Care Trust delivers mental health services for adults and older people's services, psychology and therapy agencies as well as specialist learning disability mental health services.

The administrative headquarters of Sheffield Health & Social Care Trust are based at Fulwood. The contact details for further information about any of their services, to give feedback or to make a complaint are:

Sheffield Health and Social Care NHS Foundation Trust
Fulwood House
Old Fulwood Road
Sheffield
S10 3TH

0114 271 6310 (24 Hour Switchboard)

Website: www.shsc.nhs.uk (there is an option to contact them by email on the site)

Department/Unit	Telephone No.
Adult Mental Health	0114 271 8827
Psychology	0114 271 8528
Therapy Agency	0114 271 8754
Learning Disabilities	0114 271 8807
Older People's Mental Health	0114 226 3963
Complaint Department	0114 271 8956
Human Resources	0114 271 6759
Beighton Community Hospital	0114 271 6500
Forest Lodge	0114 271 6081
Grenoside Grange	0114 271 6590
The Longley Centre	0114 271 6310
Michael Carlisle Centre	0114 271 8003
Chairman and Chief Executive's Office	0114 271 6711
Pharmacy & Medicines Information Department	0114 271 8630

If you are unsure how to contact someone in Sheffield Health and Social Care NHS Foundation Trust, please call the 24 hour switchboard on 0114 271 6310.

For details of the Community Mental Health Teams and some of the specialist services please see the Mental Health section on pages 44 and 45.

Sheffield Teaching Hospitals NHS Foundation Trust

Sheffield Teaching Hospitals is split into two main sites: the Northern General Hospital campus and the central campus. The central campus houses the Royal Hallamshire Hospital, Jessop Wing, Charles Clifford Dental Hospital and Weston Park Hospital. Website: www.sth.nhs.uk

Northern General Hospital

Herries Road
Sheffield S5 7AU
Tel: 0114 243 4343

The Northern General Hospital is situated in the north of Sheffield, and has over 1100 beds and employs more than 5,500 staff. A wide range of specialist services are provided including Orthopaedics, Renal, Heart and Lung services and a state of the art, purpose built Spinal Injuries Unit. The Adult Accident & Emergency Department is also there.

Royal Hallamshire Hospital

Glossop Road
Sheffield S10 2JF
Tel: 0114 271 1900

The hospital has around 850 beds for the care of inpatients and a number of specialist outpatient clinics including a prosthetic eye department and specialist ophthalmology centre. An NHS Walk in Centre and Minor Injuries Unit offers services for people with minor injuries that that can be treated without the need for emergency care.

Charles Clifford Dental Hospital

78 Wellesley Road
Sheffield S10 2SZ
Tel: 0114 271 7800

The Charles Clifford Dental Hospital provides specialist dental services.

Jessop Wing

Tree Root Walk
Sheffield S10 2SF
Tel: 0114 2268499

The services offered by the Jessop Wing include:

- Gynaecology (treatment of female-specific problems)
- Obstetrics (treatment of women before, during and after birth)
- Neonatology (treatment of new born babies)
- Assisted Conception (help with fertility problems)

Weston Park Hospital

Whitham Road
Sheffield S10 2SJ
Tel: 0114 226 5000

Weston Park hospital specialises in the treatment of cancer and is one of three purpose built specialist cancer hospitals in the UK.

General Patient Information

Complaints and Compliments

If a patient is concerned about the care and treatment that s/he has received, they should try to speak to a member of staff about their concerns. This provides them with an opportunity to deal quickly with problems on the spot. Patients can also raise matters more formally by putting their concerns in writing and sending them to the service that they have concerns about e.g. their GP practice, the pharmacy, the hospital department, who are then legally required to formally respond.

If a patient feels that their concerns about a primary care service cannot be resolved locally then they can make a formal complaint to NHS Sheffield. The patient will need to outline their concerns in writing to the Chief Executive or to the Complaints Team. The complainant can write a formal letter or complete a PCT form. More detailed guidance on how to make a complaint is available from the Complaints Team:

The Complaints Team
NHS Sheffield
722 Prince of Wales Road
Sheffield, S9 4EU
Tel: 0114 305 1093 or 0114 305 1094
Email: complaints@sheffieldpct.nhs.uk

If a person has concerns about a service they have received in hospital they should contact the PALS team for that hospital for further information. Contact details are in the following section.

A patient's relative or friend may be able to complain on their behalf. A complaint should be made within 6 months of the event, or within 6 months of realising that the patient has something to complain about. If a person is complaining on behalf of someone else who is aged 16 or over, they **must** have that person's permission in writing. This is because the NHS has a duty to protect the confidentiality of any information we have about our patients. If the person is incapable of giving consent for any reason please let us know.

If the patient feels that they do not want to contact the service directly, they can contact the **Patient Advice and Liaison Service (PALS)** – see section below. In addition, the Carers Federation provide an **Independent Complaints and Advocacy Service (ICAS)**, and can be contacted on 0845 120 3734.

If a patient feels that their complaint has not been resolved they can contact:

Healthcare Commission
FREEPOST NAT 18958
Complaints Investigation Team
MANCHESTER M1 9XZ
Tel: 0845 601 3012
Website: www.healthcarecommission.org.uk

The Healthcare Commission is the independent watchdog for healthcare in England. They assess and report on the quality and safety of services provided by the NHS and the independent healthcare sector, and work to improve services for patients and the public. It is important to note that in considering a complaint matter the Healthcare Commission will refer

the complainant back to the service of concern (i.e. the GP practice, the pharmacy) if the complaint has not been referred to them or the PCT in the first instance.

The Health Service Ombudsman

Millbank Tower
LONDON SW1P 4QP
Tel: 0207 217 4051

Website: www.ombudsman.org.uk

The Health Service Ombudsman investigates complaints about the National Health Service. Complaints should first be taken up locally, but if it is not dealt with satisfactorily then the complaint can be made to the Ombudsman. The Ombudsman is completely independent of the NHS and the Government. There is no charge for the Ombudsman's service.

Receiving compliments is important to NHS Sheffield, as they help the organisation to know what is working well and highlight areas of good practice. Patients can send their views to the Complaints Team at the address above.

Patient Advice and Liaison Service (PALS)

The Patient Advice and Liaison Service focuses on improving services to NHS patients. The service aims to:

- Advise and support patients, their families and carers
- Provide information on NHS services
- Listen to patients concerns, suggestions and queries
- Help sort out problems quickly working with or on behalf of patients

The service is confidential and can provide information to patients about the range of health provision offered by the NHS, other agencies and voluntary groups in the Sheffield area.

PALS takes a more personal interest in patients, working to ensure they fully understand information given to them by a doctor or nurse, through advice and support. It is also the first point of call for people who have concerns about their care.

Primary Care PALS – health services related to GPs, dentists, community pharmacies, opticians, district nurses, health visitors and other community health staff.

Patient Advice and Liaison Service (PALS)
722 Prince of Wales Road
Darnall
Sheffield
S9 4EU

Tel: 0800 085 7539

Email: pals.manager@sheffieldpct.nhs.uk

Sheffield Teaching Hospitals NHS Foundation Trust

For the Royal Hallamshire, Jessop Wing, Charles Clifford Dental and Weston Park hospitals contact the PALS Officer, on 0114 2712450. For the Northern General Hospital, contact the PALS Officer on 0114 2715759.

The PALS team can be contacted by email on pals@sth.nhs.uk

Alternatively write to:

PALS Manager
Sheffield Teaching Hospitals NHS Foundation Trust
Patient Partnership Department
B Floor, Royal Hallamshire Hospital
Glossop Road
Sheffield, S10 2JF

Opening hours: Monday-Friday, 9am to 5pm

Sheffield Health and Social Care NHS Foundation Trust

The PALS officer can be contacted on 0114 2718768

Alternatively write to

PALS Officer
Sheffield Health and Social Care NHS Foundation Trust
Fulwood House
Old Fulwood Road
Sheffield S10 3TH

Or email to PALS@shsc.nhs.uk

Opening hours: Monday to Friday, 9am to 5pm

Sheffield Children's NHS Foundation Trust

Please contact Linda Towers on (0114) 2717594, or fax (0114) 2766073

Write to:

Linda Towers
Patient Representative
Sheffield Children's NHS Foundation Trust
Western Bank
Sheffield, S10 2TH

Email: linda.towers@sch.nhs.uk

NHS Direct

National NHS Direct Helpline: 0845 4647

National Website: www.nhsdirect.nhs.uk

About NHS Direct

NHS Direct provides health advice and information over the phone. The service is available 24 hours a day, 365 days a year for the cost of a local call. The service has two main strands - nurse advice and health information.

a) Nurse Advice

Experienced nurses can help with a wide range of problems including:

- Coughs and colds
- Rashes and cuts
- Vomiting and diarrhoea
- Sore throats
- Earache
- Backache
- Flu and fever
- Stomach upsets
- Minor injuries e.g. cuts

If appropriate, the nurse may inform the person calling where they can go to get more help, e.g. seek advice from a pharmacist or A&E.

b) Health Information

The NHS Direct team can provide information about:

- Particular illnesses such as diabetes or asthma
- Medicines such as paracetamol and antibiotics
- Vaccinations such as travel jabs or MMR
- Lifestyle changes such as giving up smoking or improving your diet
- Local services such as late-night pharmacies, dentists and GPs.

Signposting by Issue

The following is not an exhaustive list of services and organisations. You may be aware of others that you know about, and there are other sources of information such as the internet, the local library and the yellow pages.

One service that has information on a wide range of support groups and organisations in Sheffield is:

Sheffield Information Service

Central Library, Surrey Street, Sheffield, S1 1XZ
Telephone: 0114 2734761

Or look for further details about hundreds of local organisations on the 'Help Yourself' website:
www.sheffieldhelpyourself.org.uk

ADVICE

Citizens Advice Bureaux

National Website: www.citizensadvice.org.uk – can search for local advice sessions, including weekly drop-ins at outreach locations.

CAB On-line advice: www.adviceguide.org.uk

Local Offices:

Sharrow Citizens Advice Bureau

416 – 418 London Road, Sharrow, Sheffield, S2 4ND
Tel: 258 3322

Drop in advice: 10am – 3pm Monday, Wednesday, Thursday

Telephone Advice: 10am – 3pm Monday, Wednesday, Thursday; 10am – noon Tuesday

Pitsmoor Citizens Advice Bureau

28 – 30 Spital Hill, Sheffield, S4 7LG
Tel: 275 5376

Drop in advice: 10am – 1pm Monday, Wednesday, Friday

South East Sheffield Citizens Advice Bureau

77 Queen Street, Mosborough, Sheffield, S20 5BP
Tel: 248 0043

Drop in advice: Mon: 10am – 2pm, Tues 2pm – 5.30pm, Thurs 10am – 2pm, Fri 10am – noon

Telephone Advice: As per drop in advice above

Sheffield Advice Link

Address: North Gallery, Castle Market, Exchange Street, Sheffield, S1 2AJ
Telephone Helpline: 0845 1232350 Monday to Friday 9.30am – 3.30pm
Textphone: 0114 248 2795

Sheffield Advice Link use Language Line for non English speaking callers

Drop in: Monday **and** Friday 10am – 12 noon

Website: www.sheffieldadvicelink.org.uk – has details of other advice centres in Sheffield on their website

They have links to all Advice Centres and Citizens Advice Bureaux in Sheffield – if Sheffield Advice Link cannot help they will find someone who can.

ALCOHOL

Sheffield Alcohol Advisory Service (SAAS)

SAAS provides information, support and counselling to those with a drink problem and their families and carers.

Tel: 0114 258 7553 Monday – Friday, 9am to 5pm

Email: SAAS@saasmail.freemove.co.uk

Website: www.sheffielddaas.org.uk

Sheffield Drug & Alcohol Action Team

Provides information on substance misuse support available in Sheffield.

Tel: 0114 273 6851

Fax: 0114 273 6984

Website: www.sheffielddaat.org.uk

Ben's Centre

The Centre provides a drop-in day service for vulnerable street drinkers who may be homeless or live in poor accommodation. The centre is a 'damp' service, clients do not have to be sober to use the service but alcohol must be handed in and not drunk at the centre.

The scheme offers:

- Free food and drink
- Showers, laundry and clothes store
- Free telephone
- Recreational facilities, company and friendship
- Sign posting & referrals to other services
- A weekly drop in session with the outreach nurse is provided to address clients' health issues
- Help with welfare benefits

Address:

Ben's Centre for Vulnerable people (Sheffield)
2, Orange Street
Sheffield
S1 4DW

Telephone: (0114) 279 9961

Website: www.benscentre.wordpress.com

ALZHEIMERS

Alzheimer's Society Sheffield Branch

The Alzheimer's Society is the UK's leading care and research charity for people with dementia, their families and carers.

Tel: 0114 276 8414

Email: emailenquiries@alzshel.org.uk

Website: www.alzheimers.org.uk

ANTI SOCIAL BEHAVIOUR

101 is the non-emergency number for people across Sheffield to call and report anti-social behaviour. The service is run locally by a partnership between Sheffield City Council and South Yorkshire Police.

101 is the number to call when reporting:

- Vandalism and graffiti
- Noisy neighbours and loud parties
- Threatening and abusive behaviour
- Abandoned vehicles, dumping and fly-tipping
- Drunk and rowdy behaviour
- Drug-related anti-social behaviour
- Broken street lighting

All calls cost a flat rate of 10p from landlines and mobiles, whatever the length of the call.

ASYLUM SEEKERS & REFUGEES

Drop-in centre and conversation club:

Free drop-in sessions available to asylum seekers and refugees, providing:

- Information or advice to help with problems
- A place to meet other people
- A chance to practice your English with volunteers

Time: every Wednesday afternoon, 2pm – 4pm.

Where: Victoria Hall Methodist Church, on Chapel Walk in Sheffield city centre

The following agencies have representatives at the sessions to provide help and assistance:

[The Northern Refugee Centre](#) - advice centre for asylum seekers and refugees

Tel: 0114 241 2780

Website: www.nrcentre.org.uk

[Red Cross](#) - help tracing relatives in your home country (see entry under Emergency Voluntary Services)

[Refugee New Arrivals Project](#) - advice on educational opportunities

Tel: 0114 241 2785

Asylum Seeker Health Team

All asylum seekers and their dependents are deemed to be 'ordinarily resident' and are entitled to free NHS treatment in hospital and from GPs, opticians and dentists. Details of entitlements, which are subject to change, can be accessed at the Department of Health website – www.dh.gov.uk.

The Asylum Seeker Health Team in Sheffield registers new asylum seekers on a citywide basis until their applications have been decided. Asylum seekers, however, do have the option of choosing to register with a GP practice closer to their place of accommodation.

Joan Macfarlane (Team Leader)

Asylum Seeker Health

Central Health Clinic

Mulberry Street

Sheffield, S1 2PJ

Tel: 0114 2261739

AUTISM

Sheffield Autistic Society

A support group for parents who have sons or daughters with an Autistic Spectrum Disorder

Tel: 08450 704 004 (Autism helpline)

Website: www.shauties.org.uk

National website includes information about autism and Asperger syndrome, the NAS and its services and activities.

Website: <http://www.nas.org.uk>

BENEFITS

Also see Advice Centres above.

Directgov – the official government website

See section on Money, Tax and Benefits.

Website: www.direct.gov.uk

Housing and Council Tax Benefits

Help and advice about Housing and Council Tax Benefit

In person: visit First Point in Howden House on Union Street, S1 2SH. First Point is open from 08.30am to 5.30pm, Monday to Friday.

Telephone: Benefits Call Centre on (0114) 273 6777. This number is available between 08.30am to 5.30 pm, Monday to Friday.

Address:

Benefits Service

P O Box 1310

Sheffield, S1 1UY

Email address: benefits@sheffield.gov.uk

Website: www.sheffield.gov.uk

BEREAVEMENT

Sheffield Area Bereavement Forum

Directory of Bereavement Services in the Sheffield Area.

Tel: 0114 273 7797

Cruse Bereavement Care

Cruse Bereavement Care provides support to bereaved people and offers information, advice, education and training services. Services are free to bereaved people.

Local services telephone: 0114 249 3328

National 'Day by Day' Helpline: 0844 477 9400

National website: www.crusebereavementcare.org.uk

BLOOD DONOR SERVICE

There are a number of sites in Sheffield where people can donate blood. The details for the central Blood Donor Centre are given below. Other site details are available on the national blood donor website or by contacting the Donor Helpline. Some people may not be able to donate blood – further details are available on the NHS Sheffield website or by phoning the National Blood Service.

Blood Donor Centre
Cathedral Court
Church Street
Sheffield, S1 2GN

Open on Mondays, Wednesdays and Fridays between 9am and 4.30pm, and on Tuesdays and Thursdays 12 noon – 7pm.

National Blood Service Donor Helpline: 0845 7711 711

National Blood Service website: www.blood.co.uk
NHS Sheffield website: www.sheffield.nhs.uk/blood

CANCER

Sheffield Cancer Services Advisory Group (SCSAG)

A voice for people living with cancer.

Tel: 0114 305 1327

Website: www.sheffield.nhs.uk/scsag

Cancer Information Service (Patients Library, Western Park Hospital)

Tel: 0114 226 5323 / 226 5390

Cancer Research UK

This site has a wealth of information about the charity and about cancer.

Website: <http://www.cancerresearchuk.org>

The Cavendish Centre for Cancer Care

The Cavendish Cancer Care is a free service that provides emotional support to those with cancer, their families, friends and carers, through counselling support and complementary therapies.

27 Wilkinson Street
Sheffield
S10 2GB

Tel: 0114 278 46600

Website: www.cavcare.org.uk

Weston Park Cancer Information and Support Centre

Provides information, advice, guidance and support to anyone affected by cancer.

Open: Monday – Friday, 9am to 4pm

23 Northumberland Road
Sheffield, S10 2TX

Tel: 0114 226 5391

Website: www.cancersupportcentre.co.uk

CARERS

Sheffield Young Carers

Sheffield Young Carers project supports young people between the ages of 8 and 21 years who care for someone who is ill, has a disability, has a mental health problem or who is affected by alcohol or substance use.

Tel: 0114 2816151

Email: young.carer@virgin.net

Sheffield Carers Centre

Sheffield Carers Centre is an independent charity that provides information, advice and support services to carers.

7 Bells Square
Bells Court
Sheffield
S1 2FY

Tel: 0114 272 8362 (helpline Mon-Fri 10am-12.30pm), 0114 278 8942 (office).

Website: www.sheffieldcarers.org.uk

CHILDREN & FAMILIES

Sheffield Information Link

Sheffield Information Link (SIL) is a city-wide charity offering a free and fast service for parents and carers. It provides information and advice on parenting, services and activities for children and young people up to the age of 19. There is also information for children with disabilities and special needs.

Call or drop in to our Information Shop at 11 Leopold Street, Sheffield S1 2GY, **0114 275 6699** (Monday, Tuesday, Thursday 9.30am - 5.30pm; Wednesday 8.30am - 6.00pm; Friday 9.30am - 4.00pm - out of hours answerphone).

E-mail: info@sheffinfoolink.org.uk

Website: www.sheffinfoolink.org.uk

Sheffield Home Start

This is a service that provides support to parents with at least one child under 5 years old. Support is usually provided via volunteers who visit parents in their own home for 3 hours a week to offer support, friendship and practical assistance. Support groups are also available in certain areas of the city, where people can meet and chat with other parents.

Tel: 0114 278 8377

Website: www.hssheffield.org.uk

One Parent Families / Gingerbread

These two organisations have now merged.

One Parent Helpline: 0800 018 5026 open Monday to Friday 9am – 5pm, except Wednesday when open until 8pm.

Website: www.oneparentfamilies.org.uk

Sheffield Young People's Centre (NSPCC)

The centre offers a counselling and therapeutic service, a children's rights and advocacy service to young people aged between 9 and 18 years. The one2one drop-in service operates Mon and Fri, 2.00 - 5.00 p.m. and Wed 2.00 - 6.00pm.to enable young people to self refer.

35 George Street
Sheffield
S1 2PF

Tel: 0114 228 9200

National NSPCC Helpline for Adults: 0808 800 5000

Childline – helpline for children and young people: 0800 1111

CONTRACEPTION – SEE SEXUAL HEALTH

DISABILITY

Deaf Advice Service Sheffield (DASS)

This is a free and confidential service that provides a citywide welfare rights service for deaf and hard of hearing people and their families. The website also contains a useful 'Services to Deaf People' page.

Opening hours: Monday, Wednesday, Friday 10am – 2pm

Telephone: 0114 2536710

Minicom: 0114 2536711

Fax: 0114 2536712

SMS: 07708 707140

Email: help@deafadvice.org.uk

Website: www.deafadvice.org.uk

Children with Disabilities Service

Sheffield City Council provides a 'children with disabilities' service that offers social work support and guidance to children and young people who have a learning or physical impairment, and their families. Some services can be directly accessed by children, young people and parents, and there are other services that require an assessment to determine needs and circumstances, before a service may be offered.

Families can contact this service in person by going to First Point in Howden House, or by telephoning 0114 2734855.

Sheffield Mencap and Gateway

Sheffield Mencap is the largest local charity providing support and services for children and adults with learning difficulties, their families and carers.

Sheffield Mencap and Gateway
Norfolk Lodge
Park Grange Road
Sheffield S2 3QF

Tel: 0114 276 7757
E-mail: mencapoffice@sheffieldmencap.org.uk
Website: www.sheffieldmencap.org

Sheffield Royal Society for the Blind (SRSB)

Sheffield Royal Society for the Blind is the primary provider of services for sight impaired people. It provides a wide variety of services including welfare advice, education, training, recreation, counselling and care.

Tel: 0114 272 244 6164
Fax: 0114 278 0713
Email: info@srsb.org.uk
Website: www.srsb.org.uk

Signpost Sheffield

This is an information website for people with disabilities, their families, carers and staff. It covers areas such as housing, health, transport, money, work, advocacy and access. The website is a joint venture between Sheffield City Council and Sheffield Health and Social Care NHS Foundation Trust. Website: www.signpostsheffield.org.uk

People can find out about council services by going in person to First Point at Howden House, open Monday to Friday 8.30am to 5.30pm.

Telephone: Adult Services Access Team – 0114 273 4908

For specialist learning disabilities health information and advice contact the Disabilities Care Group at:

Fulwood House
Old Fulwood Road
Sheffield, S10 3TH

Tel: 0114 271 8807

Out of hours help

Social Services: 0114 273 4908
Sheffield Health & Social Care NHS Foundation Trust: 0114 271 6310

Blue Badge Parking Scheme

Further details on the eligibility criteria for obtaining a blue badge are available from Sheffield City council. Details and an application form are available on the council's website. Alternatively you can call the Adult Services Access Team on 0114 273 4908 or attend First Point reception in person at Howden House, Union Street in the city centre.

Website: www.sheffield.gov.uk

DOMESTIC ABUSE

Sheffield Domestic Abuse Forum

The forum offers practical and emotional support services for women and children. Their website gives details of agencies and organisations that can provide advice and support, some of which are detailed below.

Tel: 0114 275 0101

Website: www.sdaf.org.uk

Women's Refuges – provide advice, outreach support and emergency accommodation for women and children

Sheffield Women's Aid: 0114 242 6887 / 0114 272 5581

Haven House Project: 0114 273 9126

Ashiana (Asian women's refuge): 0114 255 5740

Young Women's Housing Project: 0114 268 0580

Community Support Projects

Burngreave Domestic Abuse Project Helpline: 0114 272 6021

Parson Cross Domestic Abuse Project Helpline: 0114 285 4484

S.E Sheffield Domestic Abuse Project Helpline: 0114 241 6500

Sheaf Domestic Abuse Project Helpline: 0800 073 8882

Police

Domestic Violence Officers – ask for the Public Protection Unit for the District

Tel: 0114 220 2020

Sexual Offences & Child Abuse Unit

Tel: 0114 296 4770

Victim Support South Yorkshire

Provides confidential support and information to victims of crime and to witnesses appearing in court. It is a free service that is independent of the police and courts. It is available to everyone whether a crime has been reported or not.

Sheffield Office Tel: 0114 275 8411

National Victim Support line: 0845 3030 900

Website: www.victimsupport.org.uk

Sheffield Rape & Sexual Abuse Counselling Service

Offers a variety of services for women who have been raped or sexually abused.

Helpline and contact number for referrals: 0114 244 7936

Website: www.sheffieldrapecrisis.org.uk

Respect phone line

An information and advice line for people who are concerned about their abusive or violent behaviour. Can also be used by professionals.

Opening hours: Monday, Tuesday, Wednesday and Friday 10am - 1pm and 2pm - 5pm

Telephone: 0845 122 869

Also see information under **Social Services** section.

DRUGS

Sheffield Drug and Alcohol Action Team

Provides information on all substance misuse support available in Sheffield. Website has links to other organisations.

Tel: 0114 273 6851

Fax: 0114 273 6984

Website: www.sheffielddaat.org.uk

DYSLEXIA

The Dyslexia Institute

Dyslexia Action is the UK's leading provider of services and support for people with dyslexia and literacy difficulties, specialising in assessment, teaching and training. Its website provides details of a wide range of resources available to parents and adult learners.

Office hours: 9am – 4pm Monday to Friday.

Tel: 0114 281 5905

Website: www.dyslexiaaction.org.uk

EMERGENCY VOLUNTARY SERVICES

British Red Cross (South Yorkshire)

The organisation provides a number of services to the local community, including a Home from Hospital service, short-term loans of medical equipment, transport and access service, along with the provision of services in an emergency. Further details are on the website.

British Red Cross
Jessops Riverside
800 Brightside Lane
Sheffield, S9 2RX

Tel: 0114 242 7370

Website: www.redcross.org.uk

EPILEPSY

Epilepsy Action – Sheffield Branch

Offers a support group for people with epilepsy, their families and friends, and provides information to the public.

Tel: 0114 230 2151 (David – Public Relations Officer)

Website: www.epilepsy-sheffield.org.uk

National Epilepsy Helpline (free phone number): 0808 800 5050

National website: www.epilepsy.org.uk

EQUALITY

Equality and Human Rights Commission

On 1 October 2007 the Equality and Human Rights Commission was formed from the merger of the three equality commissions:

Commission for Racial Equality (CRE)

Disability Rights Commission (DRC)

Equal Opportunities Commission (EOC)

The websites of these commissions have also been incorporated into the new Equality and Human Rights Commission website: www.equalityhumanrights.com.

The Equality and Human Rights Commission helpline provides information and guidance on discrimination and human rights issues. People can also contact the Commission by text phone, letter, email or fax. A language service is available for non-English speaking people.

Equality and Human Rights Commission Helpline

Freepost RRLX-GHUX-CTR

Arndale House

Arndale Centre

Manchester, M4 3EQ

0845 604 6610 - main number

0845 604 6620 - textphone

0845 604 6630 - fax

Mon, Tue, Thu, Fri 9:00 am-5:00 pm; Wed 9:00 am-8:00 pm (last call taken at 7:45pm)

FAITH

Sheffield Faiths Forum

Sheffield Faiths Forum is a voluntary organisation supported by OFFER (Sheffield's Community Empowerment Network). The forum supports faith groups in the following ways:

- To be more effectively involved in decision-making in the City
- To work together within local communities
- To help the needs of excluded people be heard and met, and
- To improve faith awareness in Sheffield.

The website has details of the Faith groups in Sheffield, and provides information about events.

Volunteer members of the forum can be contacted through either:

Dave Sutton-Jones (Neighbourhood Faith Worker) – email: davesj@offer.org.uk or

Tim Wright (Faith Network Development Officer) – email: tim@offer.org.uk

Alternatively, contact them by phone through OFFER on 0114 253 6730.

Website: www.sheffieldfaithsforum.org.uk

GENERAL INFORMATION

Sheffield Information Service

Central Library, Surrey Street, Sheffield, S1 1XZ

Library Reception Tel: 0114 273 4712

Local Information Tel: 0114 273 4761

Fax: 0114 275 7111

Email sis@sheffield.gov.uk

Opening Hours: Monday: 10am - 5.30pm
Tuesday – Saturday: 9.30am - 5.30pm

Events Sheffield – This is a Sheffield City Council website giving details of events happening in Sheffield. People can also get information by phone from the Sheffield Information Service above.

Website: www.eventsheffield.co.uk

Help Yourself - website giving details of hundreds of local voluntary, community and statutory organisations.

Website: www.sheffieldhelpyourself.org.uk

HEALTHY EATING

Food in Sheffield (5 A DAY) Programme

The Food in Sheffield (5 A DAY) programme is delivered in partnership between Sheffield Wildlife Trust and Heeley City Farm. The aims of the Food in Sheffield (5 A DAY) programme are to promote healthy eating in Sheffield by working with local communities, community organisations, schools and the retail and industry sectors.

For more information contact:
Food in Sheffield (5 A Day) Programme Manager
Sheffield Wildlife Trust
37 Stafford Road
Sheffield, S2 2SF

Tel: 0114 2634335

Email: Mail@wildsheffield.com

Website: www.wildsheffield.com

NHS 5 A DAY website: www.5aday.nhs.uk

Eat Well, Be Well – The Food Standards Agency

The eatwell website contains a wide range of advice to help people eat more healthily, and information about food safety and food labels.

Website: www.eatwell.gov.uk

HEART DISORDERS

Sheffield Coronary Society

Provides exercise facilities for people who have coronary heart disease, and a continuation exercise programme once a hospital rehabilitation programme has ended.

Contacts: Aimee Pearce - 07834 604 224 or Ben Anderson - 07946 081 224

Website: www.sheffieldcoronarysociety.org.uk

HOSPICE

St Luke's Hospice

St Luke's is Sheffield's only hospice and forms a vital part of health care in the region. They serve the medical, psychological, spiritual and emotional needs of incurably ill adults and their families, improving quality of life at a time when life is especially precious.

Tel: 0114 236 9911

Website: stlukeshospice.org.uk

HOUSING & HOMELESSNESS

Housing & Council Tax Benefit Service Helpline – see information under Benefits section.

Council Housing Services:

The following housing services are available through Sheffield City Council. People can visit First Point in person at Howden House, 1 Union Street, Sheffield, or phone one of the teams below for specific advice and information.

Asylum Seekers Team	phone: 273 4290
Homeless Services	phone: 273 5142
Private Sector Renting	phone: 273 4680
Help for Home Owners	phone: 273 4646
Housing Aid	phone: 273 5450
Home Ownership Team (Right to Buy)	phone: 273 5595

Sheffield Homes manages Council Housing in Sheffield. Contact them at Howden House. Telephone: 0114 205 3333 - phone lines open Monday to Friday 8am – 5.30pm
Website: www.sheffieldhomes.org.uk – contains details of the local Area Housing Offices.

Sheltered Housing - more information about sheltered housing in Sheffield is available from Sheffield Homes.

Tel: 0114 293 0000 – phone lines are open Monday - Friday, 8.00am-5.30pm.

NOMAD Homeless Advice and Support Unit

This is an independent organisation that offers advice, support and practical help to homeless or inadequately housed people, or those in housing need.

Contact: 90 – 92 West Street, Sheffield, S1 4EP

Tel: 0114 263 6624

Website: www.nomadsheffield.co.uk

Sheffield Cathedral Archer Project

The Archer Project based at Sheffield Cathedral in the city centre offers the following services to homeless people:

- Food - free breakfast, lunch at a reduced rate of 50p, food parcels for asylum seekers
- Education – numeracy, literacy and life skills
- Showers and a laundry
- Health services – nurse (1 day a week), dentist (1 day a week)
- Postal address for giro
- Needle exchange service for drug users

Tel: 0114 275 3434 (9am – 5pm)
Website: www.sheffield-cathedral.co.uk

Shelter – Housing Advice Helpline

A free national telephone advice helpline staffed by trained housing advisers.

Tel: 0808 800 4444 8am -8pm seven days a week

Website: www.shelter.org.uk

St Wilfred's Centre

St Wilfred's Centre is a charity that offers support to the homeless, the vulnerable and the socially excluded. It operates a closed door policy to protect vulnerable clients, and those people who do drop-in will be interviewed before admission. They provide a drop-in day centre and offer a wide range of services including basic welfare (including food, showers, hairdressing, laundry, clothes repair, clothing bank, access to medical and dental services), education, information and advice, and personal development.

Day Centre open 10am – 4pm Monday to Friday.

524 Queens Road

Sheffield, S2 4DT

Tel: 0114 255 5720

Website: www.stwilfridscentre.org

MENTAL HEALTH

Sheffield Health & Social Care NHS Foundation Trust

Further information is available in the General Secondary Care Section above. Their website contains lots of information for service users and carers including leaflets and links to other organisations.

Website: www.shsc.nhs.uk

Community Mental Health Teams

Provides services for people with serious mental health problems – referrals to services should come through an individual's general practitioner however services can be contacted for advice if needed.

North Sector Service

North Continuing Needs Service
Northlands Community Health Centre
Southey Hill
Sheffield, S5 8BE
Tel: (0114) 271 6217

West Sector Service

West Continuing Needs Service
The Yews
Worrall Road
Sheffield, S35 0AU
Tel: (0114) 271 6100

South East Sector Service

The Transcultural team are also based at Eastglade.

South East Continuing Needs Service
Eastglade Centre
1 Eastglade Crescent
Sheffield, S12 4QN
Tel: (0114) 271 6451

South West Sector Service

South West Continuing Needs Service
Argyll House
9 Williamson Road
Sheffield, S11 9AR
Tel: (0114) 271 8654

Crisis Assessment and Home Treatment Team

This team provides 24hour - 365 day rapid treatment and support to people in crisis.
Tel: 271 6310

Specialist Services and Dementia

Dementia Services:

Sheffield Health and Social Care also provide services to people with dementia. There are a range of services across the city. Further details can be obtained by contacting the switchboard tel: 271 6310 or the Patient Advice and Liaison Service tel: 2718768.

The following services may be able to provide advice, but referrals are through general practitioners (GPs).

Maternal Mental Health – 271 6589

Eating Disorders Service – 271 6930

Porterbrook Clinic (provides a specialist psychosexual service) – 271 6671

Sheffield Mind

Sheffield Mind is a charity that offers advice, support and counselling for those suffering from mental health difficulties, their families and carers. Their website contains links to other organisations.

Tel: 0114 258 4489

Email: info@sheffieldmind.co.uk

Website: www.sheffieldmind.co.uk

Sheffield Smooth Guide to Adult Mental Health Services in Sheffield

This is a directory of services available to users, carers and professionals. It is currently only available on the internet as a new mental health information service is due to be launched shortly by Sheffield Mind.

General Website: www.smoothguidesheffield.info

Directory website: www.smoothguidesheffield.info/mhd

British Association of Counselling and Psychotherapy

The BACP provides regional lists of BACP accredited counsellors and psychotherapists working in the UK.

1 Regent Place

Rugby

Warwickshire, CV21 2PJ

Tel: 01788 550 899

Client Information Helpdesk (for general info on the counselling process) – 01455 883316

Website: www.bacp.co.uk

OLDER PEOPLE

Age Concern Sheffield

Age Concern offer a number of services including information and advice, day services, home support, and the handy person service. There are also links to the national website to enable people to download fact sheets and information sheets.

Age Concern Sheffield

44 Castle Square

Sheffield, S1 2GF

Tel (switchboard): 0114 250 2850

Website: www.ageconcernsheffield.org.uk

Age Concern Sheffield – Older Sheffield Directory

This Age Concern Sheffield website contains an on-line directory of around 1,200 voluntary, community and faith services that are available to the over 50s.

Older Sheffield Signpost Agency

Age Concern Sheffield

44 Castle Square

Sheffield, S1 2GF

Tel: 0114 2537691

Website: www.oldersheffield.org.uk

Agewell and Lunch Clubs in Sheffield (ALIS)

ALIS is a registered charity that works on community development and health with people aged fifty plus resident in Sheffield and district. Their work has two main focuses:

- The development and support of Lunch Clubs
- The development and support of Agewell Groups.

Lunch Clubs provide a hot meal on a regular basis for older people who are no longer able to cook for themselves. Agewell Groups provide a range of activities e.g. trips, speakers, local history, games, videos, arts and crafts, walking, yoga, bowling and dance groups.

Tel: 0114 2751212

Website: www.agewell.co.uk

Sheffield City Council

The council provide information and advice on a range of services for older people including resource centres for older people, Care4you services such as city wide alarms and home support. More information is on the website, or people can call in person to First Point, Howden House, Union Street, Sheffield, 8.30am – 5.30pm Monday to Friday.

Adult Services Access Team: tel – 0114 273 4908

Website: www.sheffield.gov.uk

PHYSICAL ACTIVITY

Change 4 Life

Change 4 Life is a Department of Health initiative to encourage families to be more active and adopt a healthier lifestyle. Further information is available on the website including details of what is available in the local area, and links to other resources.

Website: www.nhs.uk/change4life

Physical Activity Referral Scheme

The scheme helps and supports people with various medical conditions to increase their physical activity levels in order to improve or benefit their health. People need to be referred by their doctor, practice nurse, hospital doctor or physiotherapist. Further information is available from Community Healthwise on 0114 203 9528.

Active Friends

This is a new and exciting initiative for older people to help and support their peers and start to take more activity. For more information about this and other physical activity opportunities for older people please contact Kelly Riley on 0114 273 5787.

Activity Sheffield

Activity Sheffield is launching a new adult swimming programme in 2009. The cost is £10 for 8 lessons, and will be held at ten pools across the city. Contact the centre to book direct.

- | | |
|--|--------------------|
| • Graves Tennis and Leisure Centre | Tel: 0114 283 9500 |
| • Stocksbridge Leisure Centre | Tel: 0114 288 3792 |
| • Heeley Pool | Tel: 0114 250 0443 |
| • Ponds Forge | Tel: 0114 223 3400 |
| • Hillsborough Leisure Centre | Tel: 0114 231 2233 |
| • Concord Sports Centre | Tel: 0114 257 0053 |
| • Westfield Sports Centre | Tel: 0114 251 3962 |
| • Springs Leisure Centre | Tel: 0114 239 0880 |
| • Chapelton Baths | Tel: 0114 257 0354 |
| • Zest (formerly Uppertorpe Healthy Living Centre) | Tel: 0114 270 2040 |

Cycling Back to Health

This is a 12 week cycling course held at Endcliffe and Hillsborough Parks. People are able to self refer to this programme by contacting Pedal Ready on 0114 2412775.

Health Walks

These are free weekly walks where people walk at their own pace and are no longer than one hour. Currently there are 27 weekly health walks across the city. People can refer themselves or

ask their doctor or nurse to refer them as part of the Physical Activity Referral Scheme. Please contact the Health Walks Project Team on 0114 203 9335 or 203 9337 for further information.

Walking Out!

This is the next step on from the Health Walks above, and offers longer walks of 2-3 hours. For further information please contact Bill McGuinness on 01226 283 598.

Step out on Saturday

This is a monthly programme of walks for those who want to step out for longer distances and in different locations. Further details are available from Sue Lee on 0114 283 9195.

Get Walking Keep Walking

Get Walking Keep Walking is a free 12 week programme led by the Ramblers Association. The programme is for everyone who wants to do more exercise, stay fit and get to know their local area on foot, and is ideal for people who aren't very active at the moment. It offers easy led walks, information and individual advice. There is no need to travel – all programmes are run from local centres and all the walks are local. Programmes will be running throughout Sheffield in the coming weeks and months. For further information please contact Ben West on 0114 205 3954. The website provides further information about the programme in general and contains local information in the 'Local Projects' section.

Website: www.getwalking.org.uk

Sheffield Ramblers Association

The South Yorkshire and North East Derbyshire branch of the Ramblers Association has three local groups in Sheffield. Please contact Terry Howard on 0114 266 5438 for further information or visit the website - www.syned-ramblers.org.uk

Sheffield Visually Impaired Walking Group

This group offers a regular programme of led walks. For more information go to the website - www.sviwg.org.uk, contact 0114 234 1217 or write to

SVIWG c/o Sheffield Royal Society for the Blind,
5 Mappin Street,
Sheffield, S1 4DT

Pedometer Loan Scheme

The pedometer loan scheme is run across the city and is operated through the local library service.

REGISTER OFFICE

Births and deaths (including stillbirths) that have occurred in Sheffield have to be registered through the Register Office. This Office also registers and conducts weddings and civil partnerships. The office is open 9.00 am to 4.00 pm Monday to Friday.

Sheffield Register Office
Town Hall
Pinstone Street
Sheffield
S1 2HH

The entrance for all ceremonies is via the main entrance on Pinstone Street. The entrance for all appointments and all other enquiries is via the rear of the building on Norfolk Street opposite the Mercure St Paul's Hotel and Spa.

Tel: 0114 203 9427 to make an appointment to register a birth, stillbirth or death. The line is open 8.30 am to 4.00 pm Monday to Friday.

Tel: 0114 203 9423 or 0114 203 9438 for all other enquiries (lines are open 9.00 am to 4.00 pm Monday to Friday).

Emergency Burial Service - Saturdays, Sundays and Bank Holidays from 10am to 5pm. Please telephone 07854 183921.

Email: registeroffice@sheffield.gov.uk

Website: www.sheffield.gov.uk/your-city-council/register-office

SEXUAL HEALTH

Sheffield Contraception and Sexual Health Services (SCASH)

The Sheffield Contraception & Sexual Health Service offers free and confidential advice and support for both women and men on a wide range of issues. All services and contraception are free of charge, including condoms and emergency contraception. Some of the services and support include:

- Full range of contraception
- Emergency contraception (including the “morning after pill”)
- Unplanned pregnancy advice
- Chlamydia Screening for Under 25s (see www.letsbeclear.nhs.uk)
- Youth Clinic, specifically for under 20s
- Smear tests ([see the NHS Cervical Screening Programme website](#))
- Menopause / PMS Services
- Psychosexual counselling
- Vasectomy
- Counselling for any sexual health issues

The main clinic is:

Central Health Clinic

1 Mulberry Street,

Sheffield, S1 2PJ

(opposite the Crucible Theatre in the city centre)

Drop-in: Monday to Friday 8.30am – 11am and 12.30pm – 3pm, appointments at other times.

Appointment line: 0114 271 6816

Advice line: 0114 271 8840

Website: www.sheffield.nhs.uk/scash

Regular clinics are also held at Firth Park Clinic and Manor Clinic.

Emergency Contraception

If a person has had sex without using contraception or their method might have failed, they can get further advice and information from:

- Sheffield Contraception & Sexual Health Service

- GP
- The NHS Walk In Centre at the Royal Hallamshire Hospital (open 365 days a year)
- GUM Clinic (for sexually transmitted infections), Royal Hallamshire Hospital
tel: 276 6928
- A community pharmacist.

Young People's Sexual Health Services

There are a wide range of outreach sexual health services for young people across the city. Services include information, advice, support, Chlamydia screening, pregnancy testing, condoms and emergency contraception. Services are available through school drop-ins, youth service provision in clubs or through detached work, colleges, and some community pharmacies. Details of the Central Youth Clinic are given below, and further details on other locations are available on the website - www.sheffield.nhs.uk/scash

Further details also available from:

Kerry Parkin (Manager) or Cheryl Sydney (Administrator) tel: 0114 271 8150 / 271 8839

Website: www.sheffield.nhs.uk/scash

Central Youth Clinic - Central Health Clinic, Mulberry Street, City Centre
Drop-in: Monday - Thursday 3.30pm - 6pm and Saturday 11am – 1pm.

Department of GU Medicine– Royal Hallamshire Hospital

The department provides a comprehensive service for the screening, diagnosis and management of sexually transmitted infections.

Tel 0114 276 6928 - ring for information/appointment

Sheffield Rape & Sexual Abuse Counselling Service

Offers a variety of services for women who have been raped or sexually abused.

Helpline and contact number for referrals: 0114 244 7936

Website: www.sheffieldrapecrisis.org.uk

Sheffield Centre for HIV and Sexual Health

Sheffield Centre for HIV and Sexual Health is involved in local community based work in these areas, as well as providing training and information to other professionals. Produce the Sheffield Sexual Health Service Directory which can be downloaded from the website or a hard copy can be obtained by contacting the office or ordering on-line.

Centre for HIV and Sexual Health
22 Collegiate Crescent
Sheffield
S10 2BA

Tel. 0114 226 1900

Email: admin@chiv.nhs.uk

Website: www.sexualhealthsheffield.nhs.uk

SOCIAL SERVICES

Sheffield City Council's Social Services makes sure that people in Sheffield with social care needs are provided with help, care, support and protection to enable them to live independent and dignified lives at home or elsewhere in the community. The types of services provided by Social Services include home care, meals on wheels, residential care homes, day centres, child

protection, family support centres, rehabilitation after an accident or illness, adoption and fostering, respite care and occupational therapy.

Adult Services Access Team: (0114) 273 4908

Children and Families Access Team: (0114) 273 4855 (24 hours)

The Children and Families Access Team are available Monday to Friday from 8.45 am to 5.15 pm and Friday 8.45 am to 4.45 pm.

During the night and at weekends Social Services deal with emergency calls only. They can be contacted on the telephone numbers above.

First Point is the Council one-stop-shop in the city centre where people can go to speak to someone about any Council service. First Point is based at Howden House, Union Street in the city centre, about 100 yards from the Peace Gardens. It is open from 8.30 am to 5.30 pm Monday to Friday. Individuals, or someone on their behalf, can call in to speak to a member of staff during these times.

Social work services may also be provided to patients in hospitals and their families. People should ask the hospital ward staff for more information.

Mental health services for adults and older people are now provided by Sheffield Health and Social Care NHS Foundation Trust. Please see the details on page 25 in the 'General Secondary Care' section.

SOMEONE TO TALK TO

Samaritans

Samaritans provides confidential non-judgemental emotional support 24 hours a day for people who are experiencing feelings of distress or despair, including those that could lead to suicide. Volunteers offer support by responding to phone calls, emails and letters, and are also available to talk face to face.

Sheffield Branch:

272 Queen's Road
Sheffield, S2 4DL

Telephone: 0114 276 7277

National service:

Contact for letters:
Chris
PO Box 9090
Stirling, FK8 2SA

Email contact: jo@samaritans.org
National phone number: 08457 909090

SMOKING

The Sheffield NHS Stop Smoking Service offers a range of locally accessible services, free of charge, to help people who want to stop smoking. Services include one to one support, telephone support, Stop Smoking groups, support for the housebound, and a specialist midwife service. For more information about the help on offer call the freephone number 0800 068 4490.

Local website: www.sheffieldstopsmoking.org.uk

National services:
NHS Smoking Helpline: 0800 022 4332
National website: www.smokefree.nhs.uk

TRAVEL

South Yorkshire Travel Line: 01709 515151 – provides details of bus services throughout South Yorkshire.

Website: www.travelsouthyorkshire.com

Community Transport:

Sheffield Community Transport operate a number of bus services across the city. They also offer a number of other services such as a community car scheme, shopper bus, collective travel and city ride. Please contact them or look on the website for further information.

Sheffield Community Transport
10 Montgomery Terrace Road
Sheffield, S6 3BU

Telephone 0114 276 6148
Website: www.sheffieldct.co.uk

VOLUNTARY & COMMUNITY GROUPS

South Yorkshire Funding Advice Bureau

Helps voluntary and community organisations get the resources they need by providing information and advice about potential funders and how to write grant applications. Other services include an IT project and training in funding and fund raising.

General Enquiries: 0114 249 4343
Funding Advice Line: 0114 276 5460
Email: enquiries@syfab.org.uk
Website: www.syfab.org.uk

Voluntary Action Sheffield

Voluntary Action Sheffield is a charity that supports the development of the local voluntary and community sector. They offer a wide range of services including information and advice on accountancy, HR, Governance, payroll, information technology, procurement; training; and room hire. Further details are on the website.

Voluntary Action Sheffield
The Circle
33 Rockingham Lane
Sheffield, S1 4FW

Tel 0114 2536600
Minicom 0114 2536602
Email info@vas.org.uk
Website: www.vas.org.uk

Volunteer Centre Sheffield, part of Voluntary Action Sheffield, provides advice and information to people who would like to volunteer or find out more about volunteering, and to organisations who use or want to use volunteers. The centre can provide information about local, national and

international volunteering opportunities, producing a quarterly bulletin of local volunteering opportunities and access to a national volunteering database.

For volunteering advice and information drop-in to the Volunteer Centre Sheffield at the address above Monday to Wednesday, 10am - 4pm

Telephone: 0114 2536648, 2536649 or 2536650

Email: vc@vas.org.uk

WOMEN'S HEALTH

Women's Health Information Bureau

This is a free library and Women's Health Information service that is open to all people working and living in Sheffield as well as to patients and visitors coming to the Jessop Wing. Information can be requested by telephone. The staff also organise an annual programme of health related workshops for women. People can ring the Bureau to go on their mailing list to receive information about these workshops.

Jessop Wing of the Royal Hallamshire Hospital
Ground Floor, Tree Root Walk
Sheffield, S10 2SF

Tel 0114 226 8406

Email libraries@sheffield.gov.uk

Website: www.sheffield.gov.uk/libraries/find/all-libraries/hospital-service/jessop-wing

Opening Hours

Monday to Thursday: 9.30am-12.30pm & 1.30-4.00pm; Friday: 9.30am-12.30pm

YOUNG PEOPLE – SEXUAL HEALTH AND SEXUALITY

Young People's Sexual Health Services

There are a wide range of outreach sexual health services for young people across the city. Services include information, advice, support, Chlamydia screening, pregnancy testing, condoms and emergency contraception. Services are available through school drop-ins, youth service provision in clubs or through detached work, colleges, and some community pharmacies. Details of the Central Youth Clinic are given below, and further details on other locations are available on the website.

Further details also available from:

Kerry Parkin (Manager) or Cheryl Sydney (Administrator) tel: 0114 271 8150 / 271 8839

Website: www.sheffield.nhs.uk/scash

Central Youth Clinic - Central Health Clinic, Mulberry Street, City Centre
Drop-in: Monday - Thursday 3.30 - 6pm and Saturday 11 - 1.

Sheffield Lesbian, Gay & Bisexual Youth Initiative

A weekly support group for young lesbian, gay and bisexual people aged 17 - 24 years old.

Tel. 0114 228 9266 (Monday to Friday 10am – 4pm) or text 07729 360 739

Sheffield Fruitbowl

The Sheffield Fruitbowl provides a weekly youth group and a confidential information service for lesbian, gay and bisexual young people of secondary school age.

Tel. 0114 226 1750

Email: fb@lgbsheffield.co.uk

Website: www.lgbsheffield.co.uk

Other useful websites for teenagers on general health / sexual health & sexuality issues

www.dr-ann.org - Gives information to teenagers on general/sexual health including quizzes to test your knowledge.

www.likeitis.org.uk - For 11-16yr olds, discusses sexual matters-gives frank down to earth & safe information.

www.brook.org.uk – Offers free and confidential sexual health advice and services for young people under 25 years old. Includes interactive quizzes.

www.coolnurse.com - A large range of teenage friendly information on important issues from general / sexual health, diet and exercise

YOUNG PEOPLE – GENERAL INFO

Connexions in Sheffield

This is a service aimed at young people aged 13 – 19 years. It offers education, training and employment advice, as well as help and support on a wide range of issues affecting young people including health, housing, relationships, legal and financial issues. Schools and colleges have Connexions advisers, as well as youth centres. The website has a section on health issues and also information on where young people can access Connexions advisers.

Connexions in Sheffield Head Office
Star House
43 Division Street
Sheffield, S1 4GE

Connexions Information Line for Young People: 0800 652 9900

Website: www.connexionsinsheffield.org.uk

Sheffield Young People's Centre (NSPCC)

The centre offers a counselling and therapeutic service, a children's rights and advocacy service to young people aged between 9 and 18 years. The one2one drop-in service operates Mon and Fri, 2.00 - 5.00 p.m. and Wed 2.00 - 6.00pm.to enable young people to self refer.

35 George Street
Sheffield, S1 2PF

Tel: 0114 228 9200

Childline – helpline for children and young people: 0800 1111

Appendix 1 – Example of Referral Letter

From: (insert name, address and telephone number of referring pharmacy)

To: (insert name, and contact details of organisation)

Date:

Dear

Referral from (insert name of pharmacy)

I have seen the person named below today. I feel that s/he may need further assistance and I have suggested that they contact you for further information and/or advice. A summary of their issue is outlined below, but if you would like to discuss this matter further please do not hesitate to contact me on the above number. I am available _____.

Patient's Name:	
Patient's Address:	
Summary of Issue:	

Yours faithfully,

Referrer's Signature:

Referrer's Name (printed):

