

YOUR VOICE

in Sheffield Mental Health

a magazine for users, carers and professionals, published by
Sheffield mental health user groups

December 2003

No 29

Special Christmas Mini Edition

What is happening in Sheffield over the holiday period? This is always a difficult time as some organisations close, while others try to put on extra events. The main organisation helping out at Christmas is HARC, where extra volunteers are still needed.

HARC: Homeless and Rootless at Christmas

All are welcome at the HARC Day Centre for homeless and rootless people. HARC will be providing meals, entertainment and basic services (clothing, hairdressing etc) at the Blind Institute, Mappin Street, Sheffield from 10.00 am on 25th December until noon on 2nd January 2004. Opening hours 10.00 am until 9.30 pm, (no drink or drugs).

More volunteers are still needed, tel 0114 278 8666 if you can help. Even as little as one 4-5 hour shift is useful and full training is given. *Email: HARC@supanet.com*

St Wilfrid's Day Centre

St Wilfrid's Day Centre, 524 Queen's Road, Sheffield S2, are having a **Christmas Disco** on 16 December, and a **Christmas Dinner** (ticket only) on 23 December.

St Wilfrid's will close on 23rd December and reopen on 5th January 2004.

Sheffield C E Cathedral

The Archer Project: Tel: 279 8435 provides breakfast for the homeless. The last breakfast is on 24th Dec, the project will reopen on 5th January at 8.30 am.

There will be an Archer project Carol Service at the Cathedral on 19th December, 12.15 - 2.00 pm with free lunch.

Carols by Candlelight will take place on Saturday 20th December at 8.00 pm, followed by a buffet. Tickets from SPCK bookshop, 8 East Parade, price £9.00.

Salvation Army

The Mens' Hostel on Charter Row branch is open 24 hours as usual over the holiday period.

The Darnall branch at 192 Darnall Road will be having a full day on Christmas Day, with carols at 10.00 am, followed by tea and biscuits, lunch at noon followed by a singalong.



Sheffield City Council Homeless Emergency Project for the Homeless

Tel: 0114 242 7318. This service is very busy during Bank Holidays and sometimes has to refer on to others.

St Anne's Hostel

Tel: 0114 269 2569. The hostel tries to keep a spare bed for someone who meets their conditions. They can also be contacted for information or advice.

For the next Edition

Your material is needed by: Jan 30

We welcome your letters and thoughts on mental health issues. **You can either post your contributions and comments to:**

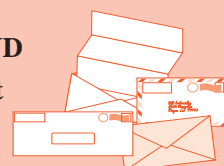
**The Editor's Postbox,
"YOUR VOICE"
Room 7, SYAC Centre,
120 The Wicker, Sheffield S3 8JD**

**or fax them to YOUR VOICE at
Tel/Fax: 0114 2752426**

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Editorial Team: Angela Hopwood, members of user groups

Distribution Manager: Eleni Chambers



Samaritans: Telephone helpline
Tel: 0114 2767277. Available 24 hours.

St Bartholomew's Contact Group
St Bartholomew's, Primrose Hill, are having a Christmas Day meal, price £5. Ring 285 3075 by Friday 19 December.

NOMAD Homeless Advice and Support Unit: Advice Centre

The Advice Centre on Rockingham Lane will be closed from Wednesday 24th December until Monday 5th January. Advice Centre nos: 273 8089/273 8805/276 7171/276 3909.

Ben's Centre: closed from 23 Dec until 5 January.

Somali Mental Health Project will be closed at noon on December 24th and will reopen on Friday 2nd January 2004.

ROSHNI: Sheffield Asian Women's Resource Centre will be closed on Christmas Day, Boxing Day and New Year's Day.

KINHON PROJECT Women's Health Day

29 January 2004,
11 am to 4 pm

at the Sheffield Chinese Community Centre, 157-159 London Road, S2 4LH.

arranged in cooperation with the Central Health Clinic, SCT.

Further information from Andrew Wong
Tel: 0114 2509594

Sheffield Mental Health Citizens Advice Bureau

The CAB provides a specialist advice service for users, carers and professionals. It provides a free, confidential and impartial service on issues such as benefits, housing, debts, consumer and relationship problems.

The CAB is based on two sites: the Michael Carlisle Centre, Nether Edge Hospital, Osborne Road, S7, and the Longley Centre, Norwood Grange Drive, S5.

Telephone Advice Lines:

271 8025, Fridays 10-12, and voicemail facility Mon-Fri 9-5, for new clients + general enquiries.

271 8679, Mon-Fri for existing clients only, + voicemail.

226 1673, Mon-Fri at the Longley Centre, 9-5, voicemail facility for clients and general enquiries.

MOBILE ADVICE SERVICE ROTA

January/February 2004

NORTHLANDS Day Centre, 1.30-4.00:

MONDAYS: 5, 12, 19 January;
2, 9, 16 February

ST WILFRID'S DAY CENTRE, 12-2.30:

THURSDAYS: 18 December 2003
15, 22 January 2004
5, 12, 19 February 2004

YES, I would like to receive **YOUR VOICE in Sheffield Mental Health** regularly.
The magazine will appear every two months and is free.

NAME: _____

No. of copies: _____

NEW REQUEST:

ALTERATION:

ADDRESS: _____

To help us with our records (which are confidential) please say if you are:

a service user

carer

or professional

and if relevant your position and the organisation you work for:

Position: _____

Organisation: _____

*Please return this form to: The Distribution Manager, "YOUR VOICE",
Room 7, SYAC Centre, 120 The Wicker, Sheffield S3 8JD.*