Swallownest Health Centre

Please “Be kind” to our staff. A simple thank you, or a positive review could make the world of difference.

Email: roccg.swallownestcarecoordinators@nhs.net

**Handsworth Foodbank**

MAIN LOCATION

Grace Church
1 Richmond Road
Handsworth,
Sheffield,
South Yorkshire,
S13 8TB

Phone: 07599 878715

Website: <http://handsworth.foodbank.org.uk/>

Email: foodbank@gracechurchsheffield.co.uk

**LGBTQ Sheffield**

<http://www.lgbtsheffield.co.uk/groups.html>

**The Trussell Trust – Stop UK Hunger**

The cost of living crisis is having an impact on all of us, but as food and energy prices soar, people already struggling to afford the essentials are being pushed into impossible decisions. Please see link below for help and advice.

<https://www.trusselltrust.org/>





* If you live in Sheffield, Rotherham, Doncaster, Barnsley, or Bassetlaw.
* If you are aged 18 and over.
* If you have a physical and/or mental health condition.
* If you are unemployed and looking for work.
* If you are working and want support to continue working.
* If you are off work sick and want to return to work.
* If you live in Sheffield, Rotherham, Doncaster, Barnsley, or Bassetlaw.
* If you are aged 18 and over.
* If you have a physical and/or mental health condition.
* If you are unemployed and looking for work.
* If you are working and want support to continue working.
* If you are off work sick and want to return to work.

Monthly Newsletter

May 2022

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**Increasing Safety, Identifying Risk**

**Inspiring Change**

Sheffield Drug and Alcohol/Domestic Abuse Coordination Team (DACT) are responsible for two separate areas of work; support for victims of domestic abuse, support and treatment for drug and alcohol abuse. You can contact us via the website <https://sheffielddact.org.uk/>

# #Stayalive**Stay Alive**

The Stay Alive app is a **suicide prevention resource** for the UK, packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.

A safety plan with customisable reasons for living

A Life Box where you can store photos and memories that are important to you

Strategies for staying safe and tips on how to stay grounded when you’re feeling overwhelmed

Guided-breathing exercises and an interactive Wellness Plan

The app also links you directly to local and national crisis resources, with space to add in your own as well. [Access: #StayAlive](https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/)

