



Sheffield 50+

December 2024 Newsletter.

Hello everyone, I hope you are all well. Here we are the last newsletter on 2024.

Certainly, an eventful year with a New Government and all that has brought to many of us over 50's. Sadly, not all good news with Cold weather payment being stopped for many of us, and the Cost of Living Crisis continuing. Added to in the last few days with The long awaited WASPI expected payments are being cancelled, although previously agreed by the last government! Also, rising costs on Gas, Electricity and Water bills in the New Year.

A reminder of help and information first!

Our Facebook page has regular updates from across Sheffield, and currently features Christmas Posts from Age UK Sheffield, and all the services they offer. Just follow us and get up to date information on what's happening in our City.

<https://www.facebook.com/Sheff50plus>



Timetable changes between 23rd December and 2nd January 2025.

Services will be running differently over Christmas and New Year. In some cases, last departures will be earlier than usual, or there will be limited or no service on some days. Operators will run a Saturday plus service on 23rd & 24th December and 2nd & 3rd January to support people getting to work.

Park and Ride sites, interchanges and Traveline will also operate reduced hours.

For train services please be aware that engineering works may occur over the Christmas period, visit the National Rail Enquiries website or call them on 03457 48 49 50 to check before you travel.

For further information see website.

<https://www.travelsouthyorkshire.com/en-gb/LandingPage/Christmas>

Sheffield City Council is closed to all but essential services over the Christmas period.

The council's telephone line will be closed from December 23rd, 2024 to January 2nd 2025. However, you can use the council's online services to report, apply, and pay 24 hours a day, 7 days a week. The council will reopen on Tuesday, January 2, 2024.

Here are some other things to know about the Sheffield City Council over Christmas:

Contacting the council: You can contact the Sheffield City Council by email at customerservices@sheffield.gov.uk

Community Support Helpline

The Helpline is open for **urgent hardship support only** on 24th, 27th, 30th and 31st December between 9am-5pm. The service is closed on Christmas Day, Boxing Day and New Years Day. Normal hours resume on the 2nd January. The Helpline can be contacted by telephone on 0114 2734567 – option 0.

Other Sheffield City Council Support:

Information on opening times for other key Sheffield City Council services, including issues such as emergency housing support, repairs etc, can be found on this page:

<https://www.sheffield.gov.uk/your-city-council/christmas-opening-times-2024>

Citizens Advice Sheffield: CAS Advice Line and CAS energy affordability line are both operating a skeleton service on Christmas Eve until 4pm. Both services are available 27th, 30th and 31st Dec and then re-open on 2nd January 2025. Energy Affordability Line: 0800 448 0721. Advice Line: 0808 278 7820 – opening hours for both services 10am-4pm.

Bin collections

Residents can place extra recycling and waste next to their bins between December 27th and January 23rd.

If your bin collection day is a Wednesday, Thursday or Friday please be advised that there will be no collections taking place on 25, 26 December 2023 and 1 January 2024. Your collections will change:

Wednesday collections Residents whose normal collection day is Wednesday 25 December, will now have a collection on Saturday 21 December.

Residents whose normal collection day is Wednesday 1 January, will now have a collection on Thursday 2 January.

Thursday collections: Residents whose normal collection day is Thursday 26 December, will now have a collection on Friday 27 December.

Residents whose normal collection day is Thursday 2 January will now have a collection on Friday 3 January.

Friday collections: Residents whose normal collection day is Friday 27 December, will now have a collection on Saturday 28 December.

Residents whose normal collection day is Friday 3 January, will now have a collection on Saturday 4 January.

Please put your bin out for collection before 7am on your collection day, and make sure your bin lid is closed to ensure collection. All other bin collections will take place as normal. View your bin collection calendar.

[Extra festive recycling and waste.](#)

Brown bins - Up to two extra bags of tins, cans and plastic bottles will be collected between 27 December and 23 January. Just put your extra recycling in a carrier bag, tie it, and then put it out for collection next to your brown bin. Glass bottles and jars must be placed inside your brown bin, otherwise the extra recycling will not be collected.

Blue bins: Small amounts of extra paper and card will be collected. Bundle it together, tie it, and then put it next to your blue bin. (The bundle should be no bigger than your blue bin).

Black bins Between 27 December and 23 January only, up to two bags of extra non-recyclable waste will be collected. Put your extra waste into a black bag, tie it, and then put out for collection next to your black bin.

Household Waste Recycling Centres (HWRCs) All sites will be closed on Christmas Day, Boxing Day, and New Year's Day. They will also close at 3 PM on Christmas Eve and New Year's Eve.

Contacting the council: You can contact the Sheffield City Council by email at customerservices@sheffield.gov.uk

[Winterwise – a guide to keeping well this winter. From Independent Age](#)

Winter can be a challenging time. Shorter days may make it harder to go out, while cold weather can make us vulnerable to illness. We're also more likely to generally feel a bit down. And this winter may bring extra challenges because the cost of living keeps going up.

It's important to know that support is available if you need help getting essentials, like food and heating your home this winter. To find out more, download or order a free copy of our Winterwise guide. This guide, in collaboration with UK Power Networks, has practical tips and essential information on how to keep well, safe and warm over winter.

You can also find helpful information about staying safe and well in winter on our website, as well as our handy Winter benefits checklist that you can use to help you manage your financial situation.

You can download a copy listen to an audio version, or order a paper copy.

See website for information.

<https://www.independentage.org/get-advice/winterwise>

Tell us what you think?

Following an email from my colleague Adam Howard at Age UK regarding a meeting of Sheffield Equality Partnership about how to bring different voices “to the table” when considering developments of all kinds in our city.

There seemed to be a general feeling that the current system is not working as well as it could. People were saying it needs re-thinking, joining up, and resourcing better. We feel this is an important issue and that older people find it difficult to have their opinions heard

What do you feel would help move things forward?
And what else needs working on?

For reference, one partnership has the following 6 themes:

- Community & Neighbourhood
- Business, employment and “good jobs”
- Crime and Safety
- Health & Wellbeing
- Education & Skills
- Sport & Culture

We know that community engagement is not always an easy. However, I do know that it needs clear purpose, time, resources, clarity and – above all, perhaps – the building of trust.

For example the bus survey for South Yorkshire is not going well, I heard they've had a poor response. I feel one of the main reasons being a 26 page document to read before you complete it! It really puts people off. It's online only so that doesn't help. As we don't all have access, also not the skills or the inclination. (I never mention surveys in the newsletter unless I have tried them to make sure they work properly!)

The cost of living and uncertainty generally, is worrying so many across the City, not just older people.

The Council has a legal obligation to engage with people with “protected characteristics” – which are:

age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex, and sexual orientation.

We would appreciate any comments you may have so we can include them in our discussion at our next meeting on the 9th January.

IT Support

Those of you who contacted me, I'm trying to compile a list of availability across the City and will be updating you as soon as possible.

Upcoming Events

Boxing Day football for less than £3 - December 26th

Sheffield FC, the world's first football club, has partnered with Sheffield-based Tickets for Good to offer heavily discounted tickets to their boxing-day fixture with Belper Town.

NHS staff, charity workers, teachers and people affected by the Cost of Living crisis can enjoy a great day out at Sheffield FC's home ground with only a small booking fee to pay (£2.95).

December 26th, Coach and Horses, Dronfield £2.95 (booking fee) Book here:

https://www.ticketsforgood.org/support-fags/how-to-get-your-tickets?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=

A New Year Viennese Gala Concert

4th January 2025 3.00pm to 5.00pm

Join Sheffield Symphony Orchestra and conductor emeritus John Longstaff for a joyful afternoon of music to welcome the New Year!

There will be plenty of Viennese waltzes, along with familiar music from Mary Poppins, Carmen and White Horse Inn amongst other favourites.

And we'll be joined by mezzo soprano Heather Lowe, who will sing a number of pieces. Prices £12 - adult (drink included in ticket price), £6 - student/child

All Saints Ecclesall Parish Church, Ringinglow Rd, Sheffield, S11 7PP

Website:

<https://www.sheffieldsymphony.org.uk/concerts.html>

At Sheffield Libraries.

Past Times Group

Drop into our monthly sessions and take a trip down memory lane talking about memories and events from the past.

Friday, January 3, 2025 · 10:30 - 11:30am

Talking about memories and events from the past is proven to improve mood, mind and wellbeing. This month we'll be remembering winter and New Year in times past. Join us for refreshments and a trip down memory lane! Free, Book on Eventbrite.

https://www.eventbrite.co.uk/e/past-times-group-tickets-1107034854049?aff=ebemoffollowpublishemail&ref=eemail&utm_campaign=following_published_event&utm_content=follow_notification&utm_medium=email&utm_source=eventbrite

LGBTQ+ Reading Group

Wednesday, January 29, 2025 · 6 - 7pm

A relaxed and friendly group that meets on the last Wednesday of every month to discuss a queer-themed book.

Book here: https://www.eventbrite.co.uk/e/lgbtg-reading-group-tickets-1118799151379?aff=ebemoffollowpublishemail&ref=eemail&utm_campaign=following_published_event&utm_content=follow_notification&utm_medium=email&utm_source=eventbrite

Also at the Central Library:

Sci-fi short fiction reading group Wednesday 8th January 17:45.

Monthly Mindfulness Monday, 20th January, 10:30

Other events may be available at your local libraries – Check for details.

[Want to stop smoking?](#)

The Sheffield Smokefree Service is available to help you with your quit attempt. They offer:

- Personalised quit plans
- 12 weeks of nicotine replacement therapy
- 12-week of vapes
- Stress management training
- In-person or virtual check-ins
- Support groups local to you

<https://smokefreestarts.co.uk/>

Patients under the care of Sheffield Health and Social Care can access community QUIT support by contacting quit@shsc.nhs.uk

[Council Safety survey.](#)

Please use the link to look at the document before completing survey. It's not a very long

survey, and there is not much room for comments. Please us know what you think.

Council surveys don't always give us the opportunity to air our views. We think this needs improvement.

<https://haveyoursay.sheffield.gov.uk/safer-sheffield-plan-2025-28>



Language support available in Hindi, Urdu & Punjabi.

Open to all:
Booking Required.

COOKING WITH DIABETES

FREE 4 WEEKS PROGRAMME

Cook along with our health and wellbeing coach where you can get involved in our diabetes food stations. Covering carbohydrate awareness & recipe swapping.



Wednesday 22nd & 29th January
Wednesday 5th & 12th February

12pm - 2pm

ShipShape Community Hub
The Stables, Sharrow Lane,
Sheffield - S11 8AE

0114 2500 222

Info@shipshape.org.uk

Facebook: ShipshapeSheffield Twitter: @shipshapewell
Website: <https://www.shipshape.org.uk>

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

PEOPLE KEEPING WELL
PKW
IN THEIR COMMUNITY

Sheffield City Council

[Women's group – Xenia -Millennium Galleries – Saturday's every two weeks.](#)

Xenia is a women's group for people who are learning English and for people who can speak fluent English. Xenia is free to attend and you do not need to sign up to a course- just come along.

We can help pay your travel expenses if needed.

Anyone who self-identifies as a woman can come to Xenia- this includes:

women learning English, women who can speak fluent English. Asylum seekers, refugees, migrant & British women (we will not ask you about your immigration status) LGBTQI+ people women, Disabled/ differently abled women.

We meet every 2 weeks on Saturdays. Next dates are, 4th January, 18th January, 1st February, 15th February, 1st March, 15th March, 29th March.

You can call us on 07549 269461 or email sheffield@xenia.org.uk

Our next Meeting is 9th January 2025 1.30mpm to 3.30pm at Age UK offices, (at the Fire Station) Eyre Street, Sheffield

Tea and Coffee are available. Let me know if you would like to join us.

irededay88@gmail.com

As you may know [Sheffield50+](#) part of AgeUK Sheffield, so I'm sharing their Christmas Greetings we've received today.



Thank you for all your hard work this year!
Our charity couldn't do the work we do for over 50's in Sheffield without the fantastic volunteers we have.

We wish you and your loved ones a joyous festive season and we look forward to going into 2025 together!



Thank you all for your support over the past year.

Wishing all our members and subscribers A Happy and Peaceful Christmas,

Irene, [Sheffield50+](#)