

DIFFERENT MINDS. ONE COMMUNITY.

SEEN. VALUED. UNDERSTOOD. TOGETHER.



PRIDE

Be proud.
Be you.
Be unapologetically you.



LONELINESS AWARENESS

You are not alone.
Reach out.
Connection matters.



LEARNING DISABILITY WEEK

Different, not less.
Understand.
Include. Empower.



MEN'S MENTAL HEALTH

It's okay to talk.
It's okay to not be okay.
Support saves lives.

Let's listen. Let's learn. Let's lift each other up. ♥

ACCEPTANCE • INCLUSION • UNDERSTANDING • SUPPORT • RESPECT

TOGETHER, WE THRIVE. ♥

Campaigns:

Loneliness awareness

[Home](#) | [Loneliness Awareness Week](#)

Learning disability week (15th-21st)

[Learning Disability Week](#) | [Mencap](#)

Pride month

[Home](#) | [SAYiT](#)

Men's Health

[Men's Health Forum](#)

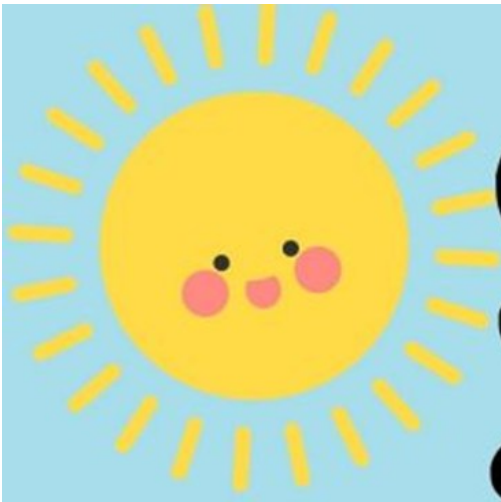
Patient Participation Group

If you would like to have your say and join our group, please email Beth at syicb-sheffield.grenosidecomps@nhs.net

The next PPG Group is scheduled for TBC October/November 2026

Family & Friends (feedback)

- Good ✓ “I’ve been looked after very well at this practice”.
- Very good ✓ Izzy receptionist was highly spoken about to Dr Moody in regards of how well she was speaking one the phone and on front desk to patients.
- Very good ✓ “new booking system has been great always get an appointment quickly, usually same day. Thank you”.
- Very good ✓ “was very sceptical about the new system a number of years ago, used the system 3 times recently and very impressed with the efficiency of it, Thank you”.
- Good ✓ “Usually get an appointment very quickly, Staff always very friendly & helpful. Access to other option (surgery near Oughtibridge) if no appointments available”.
- Good ✓ “Good service no complaints”.



SUN SAFETY



COVER UP

Wear clothing that covers your skin.



APPLY SUNSCREEN

SPF 30 or higher, 20 minutes before sun exposure. Reapply every 2 hours.



WEAR A HAT & SUNGLASSES

Broad-brimmed hats provide better protection and make sure your sunglasses block both UVA and UVB rays.



SEEK SHADE

Reduce UV radiation by taking shelter under a tree, umbrella or another shady spot.



Support for LGBTQ+ young people in Sheffield

FRUIT BOWL

11-17
YEAR
OLDS

Alternating Thursdays 5pm - 7pm

18-25
YEAR
OLDS

PRISM

Every other Wednesday 5pm - 7pm

NATURE CONNECT

11-25
YEAR
OLDS

Monthly outdoors group

Access to SAYiT's youth groups also includes a Saturday hangout, self study space, creative therapy and a range of outdoor trips throughout the year.

For more information scan here >



Useful websites

[Conditions A to Z – NHS](#)

[Pharmacy First](#)

[ANDYSMANCLUB - It's Okay To Talk](#)

[IDAS](#)

[Mental health – NHS](#)

[Mental health helplines](#)

[Citizens Advice](#)

[StepChange Debt Charity. Free Expert Debt Help & Advice](#)

[Macmillan Cancer Support | The UK's leading cancer care charity](#)

[Cancer Research UK](#)

[Care and support for the elderly | Age UK](#)