



Our vision is that all people with a learning disability and their carers in Sheffield feel valued and respected. We believe that everyone should be supported to reach their full potential and to live the life they choose.



Social and evening opportunities



Gateway clubs

Gateway is a social club for adults and young people. There are lots of different activities going on including a disco, snooker, arts and crafts and baking. You can also chill out in the coffee bar and socialise with friends. Monday and Wednesday night Gateway is for individuals over the age of 25 years old and Tuesday nights are for individuals aged 16 to 25 years old. These sessions run 7pm to 9pm. Friday nights (Thank Gateway it's Friday or TGIF) run from 6.30pm to 8.30pm and is for young people between 6 and 15 years old. All sessions cost £2.50 per night, which you pay for on the night.

Please note that the Gateway clubs are not a drop in service and you must arrange a trial session with the Development Team before starting. Also Gateway is unable to provide support, so if you need one to one support you must bring your own support worker with you.

Membership Fee

There is an annual membership fee of £5 which entitles individuals to voting rights at our Annual General Meeting, and discounts for social events during the year.



Patron: Graham Honeyman, Chief Executive at Sheffield Forgemasters International



Out and About Scheme

Supports people with a learning disability to make friends and to socialise within the local community. The scheme runs 9 monthly groups including bowling, snooker, walking, a ladies only group and a youth group. The groups run during evenings and weekends.



Fitness Fanatics



Is a healthy eating and fitness group meeting most Thursday evenings at Norfolk Lodge from 6:30pm until 8pm. You can get involved in lots of different activities including chairbics, circuit training, boccia, yoga and Zumba. The session costs £5 per week which includes a healthy snack.



Norfolk Lodge

Sheffield Mencap and Gateway has a large, safe, well-equipped building in the Norfolk Park area of the city on the Supertram route. Our building is fully accessible and has a changing places facility.

Facilities

- Training Kitchen
- Snooker Room
- Computer Suite
- Sports Hall
- Disco Hall
- Art Room
- Sensory Room
- Garden Area

Interested?

All new enquiries need to come to our Development Team, who will guide you through our referral process. You cannot start on a service until you have completed the process.

Telephone: (0114) 276 7757

Ask for Elaine or Gareth

Email:
developmentmanager@sheffieldmencap.org.uk

Address: Norfolk Lodge, Park Grange Road
Sheffield, S2 3QF

Website: www.sheffieldmencap.org.uk