

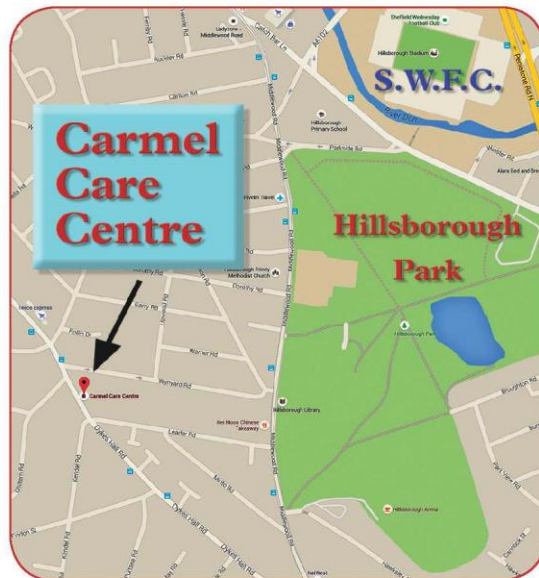
## Contact:

Interim Co-ordinator  
Stuart Hanlon

**Telephone: 0114 233 5727**

*Bring a family member or friend  
with you if you wish*

**172 Dykes Hall Road  
Hillsborough  
Sheffield S6 4GS**



*God grant me the  
serenity to accept the  
things I cannot change*

*Courage to change the  
things I can and the  
wisdom to know the  
difference.*



# CARMEL CARE CENTRE

For those  
experiencing:  
**social isolation  
loneliness  
or addiction**

- Welcome
- Acceptance
- Nurture
- Growth

*Karmel – a biblical name  
for garden, an oasis in the  
desert, a place of growth  
and enrichment*

*Artwork for 'Carmel Care' lettering  
created by the children of Sacred  
Heart School, Sheffield*



Diocese of Hallam  
Caring Services

CARMEL CARE

CARMEL CARE

CARMEL CARE



## What is Carmel?

- ❑ The **Carmel Care Centre** was founded in 1986 by Fr Hubert McNamara and Sister Máire Morris. They recognised a need for support and counselling for people with addictions, emotional problems, social isolation and loneliness.
- ❑ Carmel is one of the projects of Diocese of Hallam Caring Services.
- ❑ Carmel is based in North Sheffield. The Centre has a Christian ethos welcoming people from all beliefs and backgrounds.
- ❑ Carmel has a team of dedicated volunteers offering support, hospitality and administration.
- ❑ Together with those who use the Centre, they create an environment where everyone's contribution and presence is valued.

***No referral needed and there is no charge but donations welcome***



## What happens at Carmel?

- ❑ Carmel Care provides a supportive and comfortable space in which people can, individually and together, experience spiritual and emotional growth through sharing their life experiences.

### Drop In and Lunch:

Tuesday, Wednesday, Thursday  
10.00 am – 2.00 pm

### Individual therapy and relationship counselling by appointment:

Tuesday, Wednesday, Thursday

### Groups/Activities:

Tuesday 11.00 am – 2.00 pm

**Sewing and Craft**

Wednesday 11.00 am – 2.00 pm

**Music Group**

Thursday 10.00 am – 12.00 pm

**Addiction Group**

**Annual Holiday • Christmas Lunch**



## Who comes to Carmel?

- ❑ People of all ages, backgrounds and beliefs who are experiencing stress in their lives come to Carmel. This may be caused by depression, anxiety, problem drinking or similar addictions, isolation, bereavement, or simply the pressures of life.

## What people say about Carmel:

*"This is a very special place"*

*"Carmel gives me a reason to get up in the morning"*

*"Carmel saved my life"*

*"I have learnt that I am not alone"*

*"Carmel has helped me to accept and understand who I am"*

*"I feel at home here and want to give something back so I am now a Volunteer"*

