

Taylor'd Psychology

Things to do in Sheffield to look after your wellbeing

Visit one of our beautiful parks or landmarks

https://www.tripadvisor.co.uk/Attraction_Review-g186364-d12911228-Reviews-Ecclesfield_Park-Sheffield_South_Yorkshire_England.html

https://www.tripadvisor.co.uk/Attraction_Review-g186364-d213626-Reviews-Whirlow_Brook_Park-Sheffield_South_Yorkshire_England.html

<https://www.peakdistrict.gov.uk/>

Go to one of our local festivals

<https://www.tramlines.org.uk/>

<https://sheffdocfest.com/>

<http://festivalofthemind.group.shef.ac.uk/>

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

Visit one of our museums

https://www.tripadvisor.co.uk/Attraction_Review-g186364-d6889732-Reviews-Alfred_Denny_Museum-Sheffield_South_Yorkshire_England.html

https://www.tripadvisor.co.uk/Attraction_Review-g186364-d213536-Reviews-Kelham_Island_Museum-Sheffield_South_Yorkshire_England.html

Join a gym or go to a leisure centre for classes, swimming, badminton and more

<https://www.sport-sheffield.com/>

<https://www.siv.org.uk/page/ponds-forge>

Go for a walk

Get creative by writing poems, painting, pottery, film making, learning a language

<http://stitchedupandfleeced.com/>

<https://uk.babbel.com/>

<https://www.languagecoursesuk.co.uk/uk-locations/sheffield/>

<http://www.buddingpicassos.co.uk/>

<http://www.poetrybusiness.co.uk/workshops/writing-days>

<http://www.sheffielddirectory.org.uk/kb5/sheffield/directory/service.page?id=UPSoMC63Rt8>

[http://www.learnpipe.co.uk/course/digital-photography-\(level-3\)-course_5578a286557dea8c0d633b8d6cd426fe.htm](http://www.learnpipe.co.uk/course/digital-photography-(level-3)-course_5578a286557dea8c0d633b8d6cd426fe.htm)

Take a college course, no matter your age or ability

<http://www.sheffcol.ac.uk/courses>

<https://www.u3a.org.uk/>

<https://www.shu.ac.uk/>

<https://www.wea.org.uk/>

<https://www.open.ac.uk/>

Go to a gig at one of our great venues

<https://www.skiddle.com/whats-on/Sheffield/The-Leadmill/Catfish--The-Bottlemen-v-Blossoms-Sonic-special/13321026/>

Attend a themed night at the Leadmill

<https://www.skiddle.com/whats-on/Sheffield/The-Leadmill/Lets-Dance-A-David-Bowie-Disco/13328643/>

Go to a sports game

https://www.tripadvisor.co.uk/Attraction_Review-g186364-d1936359-Reviews-FlyDSA_Arena_Sheffield_Arena-Sheffield_South_Yorkshire_England.html

https://www.tripadvisor.co.uk/Attraction_Review-g186364-d3489853-Reviews-Hillsborough_Stadium-Sheffield_South_Yorkshire_England.html

Go to a comedy club night

<https://www.skiddle.com/whats-on/Sheffield/Halifax-Hall-Hotel/Comedy-Night/13152430/>

See wildlife and animals- walk a dog at the sanctuary, visit the cat café or go to a farm

<http://animalsheltersheffield.co.uk/>

<http://mayflowersanctuary.co.uk/>

<https://www.tabbyteas.co.uk/>

<http://www.mayfieldalpacas.com/>

See a show at one of our amazing theatres

https://www.tripadvisor.co.uk/Attraction_Review-g186364-d2462253-Reviews-Crucible_Theatre-Sheffield_South_Yorkshire_England.html

Pamper yourself, at home or at one of our great spas

<https://www.spa1877.com/>

<http://www.thesheffieldcandlecompany.co.uk/>

Take a cooking class

https://www.tripadvisor.co.uk/Attraction_Review-g186364-d3908637-Reviews-Penistone_Pies_Puddings_Cookery_Courses-Sheffield_South_Yorkshire_England.html

Volunteer in keeping with your values and time!

<http://www.sheffieldvolunteercentre.org.uk/>

Please note that Taylored Psychology are not advertising or able to hold responsibility for these ideas. These self-help tips are only intended for assisting with low level problems and not intended to replace therapy.