



Taking Care of Yourself

A GUIDE TO MANAGING DIVORCE IN SHEFFIELD

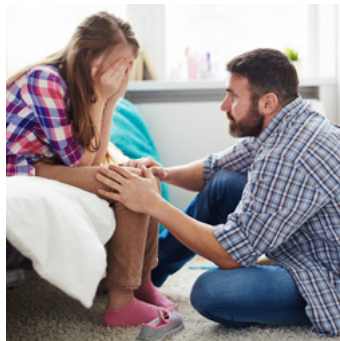


We know



Going through a divorce can be one of the most stressful and upsetting times of your life. Your routine and lifestyle is probably in upheaval, but maybe it could be an opportunity to make some small positive changes for yourself.

Our family law solicitors in Sheffield have compiled this guide to places and activities that should help to keep your mind off things if you're going through a divorce, separation or similarly difficult time.



Looking Good | Feeling Good



It is true, when we look good, we feel much better about ourselves. A change of hairstyle although superficial, can make you feel better emotionally and when combined with a scalp massage it can make you feel better physically too.

Hush Hair and Beauty

Skincare, hair, beauty and nails. In a friendly relaxing environment.

www.hushhairbeautyspa.co.uk

22 Hutcliffe Wood Rd, S8 0EX



Laundry

A unique interior and voted best new salon, Laundry welcomes all.

www.wearelaundry.co.uk

151 Arundel St, ST1 2NU



The BLO Lounge

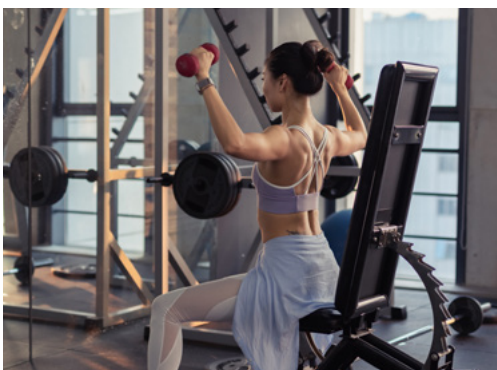
With their sister salon The Brow Lounge. The new you can be realised in just a few hours.

www.theblo lounge.co.uk

545 Eccleshall Rd S11 8PR



Feeling Good | Looking Good



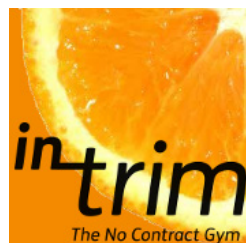
Exercise releases endorphins and serotonin that improve your mood. Regular exercise can reduce stress and symptoms of depression and anxiety. You will become fitter, stronger and more flexible too, contributing to feeling less tired as your energy levels increase.

In-Trim Gym

Hailed as "The Friendliest Gym in Sheffield" No Contract Required.

www.in-trim.co.uk

12A Ridgeway Road S12 2SS



Better Gym

An award winning gym that supports the community. Memberships from £12.99pm.

www.better.org.uk

43 Penistone Rd North, S6 1LP



Soul Fire Yoga

A unique yoga and healing studio with a strong supporting community ethos.

www.soulfirestudios.co.uk

Edgedale Rd, S7 2BQ



New Experiences | New You



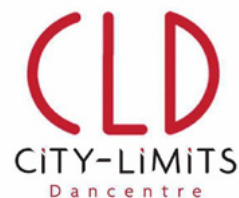
New Experiences, new challenges, new people. Enjoying a new activity and meeting new people with similar interests is a great way to improve your wellbeing. There maybe something you have always wanted to do or maybe just choose something completely at random and see where it takes you!

City Limits Dance Centre

Established for over 30 years, affordable dance tuition in a range of dance styles, for all levels

www.city-limits.co.uk

607-613 Penistone Rd S6 2GA



Penistone Cookery Courses

Learn to cook the perfect pork pie amongst other firm favourites.

www.penistonepies.co.uk

Millhouse Green, S36 9NY



Grimm & Co

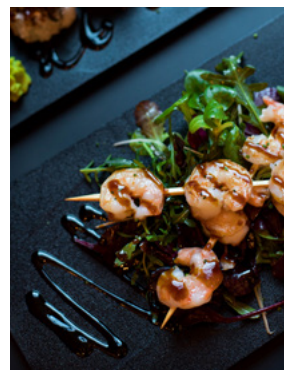
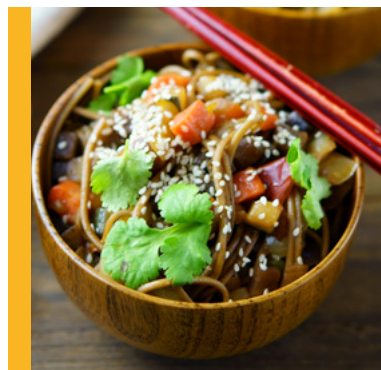
Children story telling workshops in the most unique environment. Take your children or volunteer your time.

www.grimmandco.co.uk

2 Doncaster Gate, S65 1DJ



New You | Old Friends



Catching up with old friends is a simple, yet important, way to spend your time. Choose friends with a positive outlook on life so you can spend this time feeling good about the future opportunities available to you.

The Summer House

Serving an A La carte menu to suit all tastes including vegan and gluten free options, set in warm and inviting surroundings.

www.thesummerhousesheffield.com

289A Abbeydale Rd South, S17 3LB



Kommune

10 kitchens. 160+ dishes. 200+ drink options set in a unique grade II listed building.

www.kommune.co.uk

Castle House, Angel Street, S3 8LS



Birdhouse Tea Company

Modern and healthy dining and drinking experience, with tea at the heart of it all.

www.birdhouseteacompany.com

Sidney St, S1 4RG



Podcast | Power walk

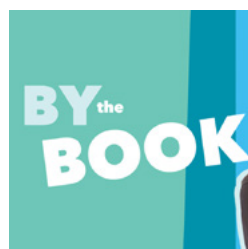


On occasion simple time on your own and a good walk is all that you need. Walking is great exercise and together with a well chosen podcast it can be a winning combination. There is so much great Podcast content to choose from and for free too. Learn something new, catch up with the world news or listen to a fascinating crime story.

By The Book

No1 Rated. Comedian Jolenta Greenberg and culture critic Kristen Meinzer as they live by the rules of a different self-help book each episode to figure out which ones might actually be life changing.

www.jolentagreenberg.com/by-the-book



How To Fail

A wonderfully candid interview format that sees Elizabeth Day's guests recounting their biggest failures - and the lessons they learned from them.

www.elizabethdayonline.co.uk/podcast



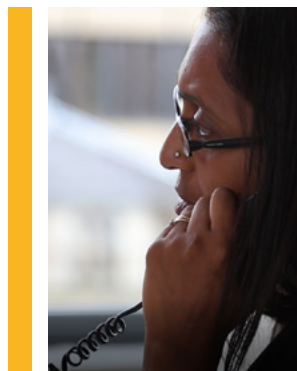
Oprah's Super Soul Conversations

Oprah interviews a number of authors, health experts and thought leaders as they dive into the deeper meaning of the world around them. Inspiring.

www.oprah.com/app/super-soul-sunday.html



Healthy mind | Positive Outlook



Talking can really help. Consider talking to a professional. A good legal team can put your mind at rest by answering questions relating to the divorce and talking you through the process and what to expect. It may not be as scary as you think. If you are suffering from signs of stress and anxiety, support networks and counselling could also be a good option.

Banner Jones

Friendly experienced legal advice.

www.bannerjones.co.uk

Abbey House, 11 Leopold St S1 2GY

bannerjones
solicitors

Sheffield Mental Health

A comprehensive directory of support and local activities.

sheffieldmentalhealth.co.uk

SHEFFIELD
MENTAL HEALTH GUIDE

Relate

Offering a whole range of support in regards to families separation and divorce.

relate.org.uk

relate
the relationship people

Your time | For someone in need



Volunteering your time is a wonderful and worthwhile activity. Helping others can in turn help you. Charity work strengthens your own personal values and gives you a sense of purpose. Choose a charity that you believe in and suits your personality.

Thornberry Animal Sanctuary

Walk a dog, clean out the animals, serve tea in the café. There is lots you can do to help out!

www.thornberryanimalsanctuary.org

The Stables, S25 3SE



Age UK

There many older people at risk of social isolation, can you spend a little time for them?

www.ageuk.org.uk/sheffield

197 Eyre Street, S1 3FG



Volunteer Centre

Volunteering can be great fun and you can make a real difference not only to others, but also to yourself.

www.sheffieldvolunteercentre.org.uk

The Circle S1, 4FW



We know that when relationships break down it can put a lot of pressure on you and your family. Our expert family law solicitors in Sheffield are highly experienced and will tailor their advice depending on your circumstances.

Our family law specialists achieve results and are always on hand to provide support when resolving family law issues.

If you have any questions or would like any more information on divorce our friendly team are always available to offer support and advice.



Kelly Parks
Director, Solicitor, Head of Family

0330 108 0366

Or we have a number of helpful guides on our website.

[Divorce and Separation Guide](#)



“ Efficient, compassionate, honest and realistic advice that instantly generated deserved trust. On time, every time. ”

*Mr J,
From Sheffield*