

What a week!



Treebeard perform at or busking event

We pulled out all the stops in June to make Carers Week in Sheffield bigger and better than ever before. Carer Centre staff, volunteers and carers put on a series of events to raise awareness of the important role they play in the community.

Carers Week, which ran from 12-18 June, is an annual event which raises awareness of caring, highlights the challenges carers face, and recognises the contribution carers make to families and communities throughout the UK every day.

To help raise awareness, residents were encouraged to show their support for carers by placing their hands into a heart shape and posting it on Facebook and Twitter with the hashtag #sheffieldlovescarers. We managed to get much-needed press attention too as providing care became a major news story nationally.

The week profiled how brilliantly people in this city come together for a great cause. The week featured the Caring for Carers awards, fun at the Grosvenor, a special carers café, afternoon tea party, a Move to the Beat day, and a 'Songs and

Selfies' busking session on the Moor and more.

Sheffield Carers Centre was among the services and centres hosting more than 15,000 events and activities UK-wide to raise awareness of the support available to carers.



Caring for Carers Award winners receive their awards from the Lord Mayor

The success of Carers Week has achieved more co-ordinated extra publicity for the general public, but also for carers to realise there is help out there.

We don't stop there though, our teams work throughout the year to ensure carers are identified, supported and advised so please call to find out how we can help you.



#sheffieldlovescarers

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#sheffieldlovescarers

What's on?

Carers Centre Events

Carers Café

Come along to the United Reformed Church on Norfolk Street, 10am - 12, to meet other carers and volunteers and staff from the Carers Centre. You are very welcome to bring the person you care for to these events.

Friday 8th September
Friday 13th October 2017
Friday 10th November 2017
Friday 8th December 2017

Mental Health Hub

This group is aimed at carers of people with mental health problems. It meets at the Sheffield Carers Centre on Thursdays. It's an ideal opportunity to meet others in the same situation, share experiences and receive support.

Thursday 21st September 2017
Thursday 19th October 2017
Thursday 16th November 2017

Time: 10:30 am - 12:00 pm

External Events

Ecclesfield

Meets on the **2nd Wednesday** of the month, 7pm - 9pm, Ecclesfield Support Unit, Wordsworth Avenue

Hillsborough Carers Group

This is an informal carer-led carers' support group that meets on the **fourth Thursday** of each month at the Rawson Spring in Hillsborough

Thursday 28th September 2017
Thursday 26th October 2017
Thursday 23rd November 2017

Time: 10:30am - 12:30pm

Where: Rawson Spring

Lowedges Carer Support Group

This carer support group meets at the Terminus Café, Lowedges on the **2nd Tuesday** monthly from 10.30 - 12.

Zest Carer Support Group

This is a newer support group for carers in the Uppertorpe area – all welcome!

Contact: Jenny 0114 270 2040

Friday 1st September 2017
Friday 15th September 2017
Friday 29th September 2017
Friday 13th October 2017
Friday 27th October 2017
Friday 10th November 2017
Friday 24th November 2017

Time: 10:30am - 12:00pm

Woodhouse Carers Group

Meets on the **2nd Wednesday** of the month, 10.30am - 12, Salvation Army Hall, Tannery Street

Shipshape Carers Group

Shipshape Carer Support Group meets on the **third Tuesday** of the month, 10am - 12 at the Shipshape Health and Wellbeing Centre on Sharrow Lane.
Tel: 0114 250 0222

Time for a Break scheme

As you may know, the Time for Me grant has changed. While small grants are still available to help carers who need support to get a break, there have been significant changes to the process under the new Time for a Break scheme.

A key difference is that carers will no longer be able to ring the Carers Centre to ask for a grant – you will need to speak first to a Carer Adviser who will talk to you about your caring situation, how it is affecting your life, and what may help you to continue caring. It may be that one of the ways of helping you is to support you to have a break. This does not always mean going away. For example, for some it may be a little regular time and space alone, or support to enjoy a hobby or sport, going to the cinema to see a film, or a night out.

Many of you have been asking for more information about how to apply for support. We have a bit of a backlog of requests and we are trying to call people. It will take time for us to catch up, so please be patient with us.

We have now appointed a new Time for a Break Respite Co-ordinator, Paula Townsend. Paula will be looking at ways to use the funds that are available to help as many carers as possible have the break that they need, where they could not otherwise do so. We also aim to expand the options available, to offer greater flexibility to find a way of having a break that fits individual needs and circumstances. We recognise how important it is for carers to have some time for themselves, and how difficult that can sometimes be. We hope that the new approach will be effective in supporting as many carers as possible.

Goodbye to Doris

We were very sad to hear of the recent death of Doris Mason. Doris was a carer for her daughter for over 50 years, and a volunteer at the Carers Centre for over 20, supporting carers at the Lowedges Group, the Carers Café and many other events. In recent years, Doris's volunteering was recognised by a national award by the Marsh Christian Trust. She will be much missed by everyone at the Carers Centre.

Make a donation!

The newsletter costs us about £20,000 per year to print and mail out. If you have not already done so, you might like to help towards the cost. A donation of just £5 will cover the cost of your newsletter for a whole year. If you are able to help in this way, please send a cheque payable to Sheffield Carers Centre, to the address on the back page. Don't forget to include your full name and address. Thankyou.

Goodbye to Celia!

At the end of July, the Carers Centre team were sad to say goodbye to Chief Executive, Celia Robinson, after 7 years in the post.

Celia joined the Carers Centre after working in the voluntary and charity sector for around 15 years, following a career in event management and university and business administration. We asked Celia for some of her thoughts on the changes she's seen over the last 7 years,

Have things changed much since you took up the role?

Things have changed a lot since 2010! Funding for small charities has become much more difficult to obtain and the way the Carers Centre is funded has changed significantly, though reductions in our funding kicked in almost as soon as I got here, with a proposed 50% reduction in the grant for our telephone helpline. By 2012, the Council (our main funder) was committed to competitive tendering which meant we had to bid to secure a contract to provide our services. This is a very challenging process for a small charity, but we were successful in 2012, as a lead partner in the Carers in Sheffield consortium, and again in 2016 when the Carers Centre decided to 'go it alone' and bid for the contract to develop a new citywide service. If we hadn't been successful on either of these occasions, the Carers Centre wouldn't have been able to survive and the contract would have gone to another organisation.

We now also provide more and different services for a wider range of carers than we used to. We've developed services for carers in their 20's, 30's and 40's, with carers who are trying to juggle work and caring, carers who need information and support from someone who speaks Urdu or Punjabi, as well as moving into the world of social media. A few years ago we also improved the way we managed the Carers Breaks Fund so that many more carers were able to take a break from caring.

All this has meant we've been able to reach more carers and now have over 9000 on our mailing list and over 1500 professionals.

We've had to change the way we work so that we can do this. From recording our work with carers by handwriting case notes, we have a new database, which means we can be more efficient and consistent when working with carers and it will give us much better data to help us plan for the future. We've tried to be more accessible by offering drop-ins at

the Centre and in the community and we've also had to work harder at promoting the Carers Centre, so that more carers can sign up with us – and we can be for many carers, not just the few.

We've grown significantly, with a staff team of 18, rather than the 6 when I started and more than 50 volunteers involved in different roles. We've created some new staff roles to help us develop things even further so that will be quite a change, as well as delivering Carers Assessments on behalf of the Council. We moved to better premises in 2015 but we're filling up the extra space fast! And carers are higher up the political 'agenda' than they used to be as health and social care services have recognised that carers need support to carry on caring and help to keep people safe and well. So, although there is less funding to go around, I think there's a greater recognition that working together is likely to help carers more in the future.

So, everything's changed then?

Not everything. In 2010 the Carers Centre had a very good reputation among carers and it's still got that – it's lovely to read the compliments and thanks for the work that staff and volunteers have done. The people at the Carers Centre do a fantastic job supporting carers as best they can. We don't have a magic wand and there are some things we can't change, sadly, but everyone at the Centre recognises how hard caring can be, physically, financially and emotionally, and tries to support carers to find ways of making life a bit easier.

Are there any particular highlights that stand out for you?

- Finding new premises in 2014 and moving in when it was snowing! We managed to keep our services going throughout all that, with staff answering the phone whilst desks were being dismantled around them.
- Our 20th anniversary event in the Town Hall in 2014 when Rony Robinson 'interviewed' a panel of carer who spoke movingly about their situation and how the Carers Centre had helped them.
- Recruiting the first bi lingual worker so that we could work more effectively for carers from BME communities
- Setting up the Younger Adult Carer project with a worker dedicated to supporting carers aged 18-25
- Playing a key role in establishing the Carers in Sheffield consortium



- Winning the new citywide contract in 2016! I think some doubted we could pull it off, and it was certainly a challenge, but everyone worked very hard and had carers' best interests at heart.
- I've always enjoyed the Caring for the Carers Awards, now hosted by the Lord Mayor in the Town Hall – it's lovely to meet workers from different organisations who have been nominated because they have 'gone the extra mile' for carers.

And what are your plans for the future?

I'm taking a bit of a break over the summer before deciding what to do next. I won't be losing touch with carers or the Carers Centre entirely as I've been appointed to the national committee being set up by NICE (the National Institute for Clinical and Health Excellence) to produce guidance on supporting adult carers, so I'm hoping to put my experience from the Carers Centre (and my own experience as a carer) to good use.

Will you miss the Carers Centre?

Of course! But it's a good time for me to move on and it's in safe hands in the future.

I've witnessed the difficulties that many carers face and learned from their resilience and determination to make sure that the person they care for is well looked after and treated with dignity and it's been a privilege to be part of an organisation which can make some real difference. And I'll miss the great team at the Carers Centre - it's been a pleasure to work with people who are so committed to helping others.

Celia has contributed immeasurably to the development of the Carers Centre and without doubt, it is due to her leadership and hard work for carers that the Carers Centre is in the strong position it holds today. Her colleagues will all miss her and wish her every success and happiness with all that comes next.

New staff at the carers centre

Following the recent restructuring of our staff team, we are delighted to welcome some new faces to the Carers Centre.



Pauline Kimantas

Chief Executive Officer

Firstly, we have a new Chief Executive Officer, Pauline Kimantas, who comes to the Carers Centre from Age UK. Pauline was the Chief Executive Officer at Age UK Barnsley.



Scott Liddle

Volunteer and Placement Co-ordinator

Scott will be working to extend to expand the opportunities for volunteering and student placements at the centre.



Janet Hillyer

Reception and Administration Worker

Janet has previously worked for Social Services and the Volunteer Bureau in Northampton.



Paula Townsend

Time for a Break and Respite Co-ordinator

As well as developing our breaks scheme, she is responsible for identifying new ways for carers to get a break that fits with their needs and circumstances.



Claire Everall

Carer Advisor

Claire has previously worked in both the voluntary and statutory sector, and has a special interest in mental capacity and human rights.



Richard Colgrave

Communications and Carer Engagement Worker

Richard's responsibilities include overseeing our social media and website, and putting together our newsletter. He has previously worked in another carers organisation.



Julie McDonnell

Carer Advisor

Julie has many years of experience of working in the social welfare sector and has a particular interest in counselling.

ADVERTISEMENT

Day Service at Tapton Hall, Sheffield

Located within the beautiful surroundings of Tapton Hall, our Day Service offers a personalised environment for older people who enjoy the independence of living in their own home, but may want company and support during the day.

Brian Fairest is 85 years old and has been attending the Day Service since its opening in November 2016. He enjoys listening to music and likes to bring his favourite CDs with him for everyone to have a sing along.

"I enjoy joining in games and physical activities and watching old football matches with staff and the other service users," Brian says.

The Day Service provides a friendly and relaxing environment for Brian, where he can socialise, make friends and reminisce.

Day Service Manager Radka Michalewicz says: "Brian has become very settled and confident at the Day Service. It is fantastic to see him flourish day by day."



For more info, please contact:
Radka Michalewicz: 01142 661 391
E: taptondayservice@rmbi.org.uk

How to find us & opening times:
Tapton Hall, Shore Lane, Sheffield,
South Yorkshire, S10 3BU
Mon-Fri 9.30am - 4pm

www.rmbi.org.uk

[facebook.com/thermbi](https://www.facebook.com/thermbi)
twitter.com/thermbi



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Thinking about higher education?

Applying to university can be overwhelming and with all the funding complications, many people find themselves quite confused. If someone has a disability this can be even harder as there are more funds to apply for, and things to put in place.

You may also find it useful to be aware of the support offered by the universities direct with this:

Sheffield Hallam University:

If you're applying to study at Sheffield Hallam University, they offer a wide variety of support for students:

<https://www.shu.ac.uk/current-students/student-support/disability-support>

Or via the Student's Union:
https://www.hallamstudentsunion.com/advice_help/disabledstudents

University of Sheffield:

University of Sheffield Disability and Dyslexia Support Service:
<https://www.sheffield.ac.uk/ssid/disability> or via 0114 222 1303.

Or via the Student's Union:
<https://su.sheffield.ac.uk/student-advice-centre>

The person you care for may also be entitled to Disabled Students Allowance. More information can be found here:

<https://www.gov.uk/disabled-students-allowances-dsas/overview>

<https://www.shu.ac.uk/current-students/student-support/disability-support/sheffield-regional-assessment-centre/what-is-disabled-students-allowances-dsa>

Last year, a local carer, Keren, spent many months sorting out funding for her daughter, who has a diagnosis of autism, to attend university. Due to the amount of time it has taken, Keren thought she would help others and has offered her support to assist any other carers who might be in the same position. If you would like to speak to Keren for further advice for yourself, please call the Carer Centre.

Carer success!

It gives us great pleasure to celebrate the successes of the carers we work with. We talked to three carers to find out what it's been like studying alongside their caring role.

Anna

Mature student and parent carer

What have you studied and achieved at university this year? A 2:1

Foundation Degree in Arts : Education and Learning Support with Distinctions. In September I will start my BA Hons in Education and Learning Support. If all goes to plan in September 2019 I will be a qualified teacher with my own class!

What has been the best thing about your studying? I have met a lot of new people at University, and have made some close friendships. It's given me the opportunity, space and time to be ME again. This has boosted my self-confidence, which has impacted on other aspects of my life. It has also allowed me to realise it's ok to put myself first sometimes.

What advice would you offer to other carers who were thinking of further education? Go for it! It will be hard and at times you will cry, but the overall experience is fantastic. Being at university has given me a new outlook on life, I feel happier and more energized to tackle what life throws at me.

Shane

Young adult carer – age 22

What have you studied and achieved at university this year? First Class Honours Degree in Digital Media Production. I'd love to work in the graphic design industry.

What has been the best thing about your studying? Definitely growing as a person and being amongst new people who share similar interests. I've loved every second of University, even though at times it got incredibly tough and stressful, the overall outcome is totally worth it.

What advice would you offer to other carers who were thinking of further education? I'd say go for it completely! Things can be hard but take it slow if you have to, education is the one thing no one can take from you and if you have it under your belt you can go into a career whenever you want.

Adilah

Young adult carer – age 22

Qualification: BA (Hons) English Literature and History 2.1 with a first class mark for my dissertation

What would you like your qualification to lead to in the future? I would love to go into research and I am hoping to complete my masters in Global History and finally complete a PhD.



Adilah

What have been the biggest challenges? I think the biggest challenge was when my mother was in hospital during my second year at university and I had to travel home regularly to take care of her and my sister.

What advice would you offer to other carers who were thinking of further education? Make sure you have good time management and always give some time for yourself! It is so important either through sports or social activities. If you don't think you are capable, trust me you are! Just find a course/career you love and you will love your further education journey.

We are sure that many of you have achieved your own successes alongside your caring role, we'd love to hear from them. Email richard@sheffieldcarers.org.uk with your story.

A fuller version of this article appears on our information resources page of our website.

News round-up

Now is an ideal time to look at our recent achievements in terms of carer support in Sheffield. We've been through many exciting developments recently, but are always focussed on our aims to reach out and support as many carers as possible.

Contracts

You may have read in the last Connect! that the Carers Centre put in a bid for the city-wide contract as lead provider of adult carer services and was successful in securing a 3-year contract from 1 January 2017. We now have new sub-contract arrangements established with Sheffield Citizens Advice, Sheffield Mind, Sheffield Mencap and Gateway and Sheffield Occupational Health Service to deliver elements of the new citywide adult carer's service.

New Chief Executive Officer

We have a new Chief Executive Officer, Pauline Kimantas, who started in July. Pauline worked as Chief Executive Officer at Age UK Barnsley and brings a wealth of experience to the role.

Also, many of you will know Celia Robinson who left in July. Celia will be greatly missed by all.

Innovations

We are developing creative ways in which to serve carers in Sheffield and engage with carers who may not currently be supported. We are developing on-line communications; social media and website to ensure carers have improved access to information. We now have a dedicated volunteer worker to increase volunteer recruitment at the Centre and new Carer Advisors too.

As you may be aware, we have had good feedback following our Carers' Week

activities which go from strength to strength each year - our busking session went down particularly well! Our carer cafes, carer clinics and informative events are well-attended and carers are consulted regularly to help develop these services for you.

Thank you

A special thank you to those of you who were involved in our fundraising activities, especially during Carers Week. Over the last 12 months we have managed to raise considerable funds that are used to support our carer events. If you could assist us by dropping off a collection box or organise an event during October's Best Breakfast fundraising campaign, please get in touch.

Please enjoy this new edition of 'Connect!' and we welcome any suggestions you may have to develop this special resource for you.

Meet our Carer Expert Panel

Nationally, over recent years 'hidden' carers have said that they've sometimes found it difficult to know whether information they found about support for carers was reliable, relevant and up-to-date.

To ensure Sheffield Carers Centre was offering the right information at the right time and developing services in consultation, we asked local carers to join our new Carers Expert Panel – a reference group and sounding board for our services to you.

The Panel influences decisions about service development, communications and consultation, the panel will communicate information through their networks to ensure discussions are not just within the group. The aim is to offer the best help, advice and support services co-produced with carers.

In July the panel met to discuss new terms of reference, revisions to the



welcome pack, respite opportunities and new staff profiles. The group meets again in September and each quarter after that.

We are working to develop our

communications, revise literature, develop tools such as the website and newsletter and will work alongside carers to ensure everything we do is consulted upon, up-to-date and accessible.

Carers' Rights Day

Carers' Rights Day is a national event held every year to ensure that carers know their rights regarding benefit entitlements and learn about the practical support available to help them in their caring role. Carers Rights Day this year is on the 24th November.

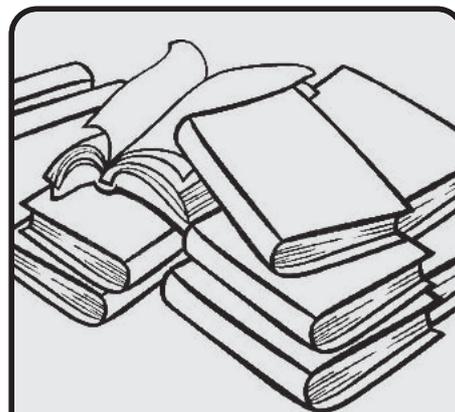
Know your rights

There are some pieces of legislation which can be beneficial for all carers to know. These are:

- Your right to an assessment
- Your right to request flexible working
- Your right to not be discriminated against

Under the Care Act, carers have the same rights in law as those they care for. Carers can now request a 'Carer's Assessment' to assess their needs too.

To find out more, call the Carers Centre and we can advise you on your rights as a carer.



Reading Well

There is a handy new book list for people living with long-term conditions and their carers. The book list provides information and advice on common conditions including diabetes, stroke and arthritis, as well as covering common conditions such as pain, fatigue and sleep problems. The list of 28 titles have all been recommended and endorsed by health experts and people with lived experience.

Reading Well provides information and support for people living with a long-term health condition and their carers. The books provide quality-assured information about common conditions and symptoms, practical advice for living with a long-term condition and support for self-management. The list also includes titles to support the carers, friends and families of people living with a long-term condition.

To find out more about Reading Well and the book www.readingagency.org.uk/adults/quick-guides/reading-well/

Email: readingwell@readingagency.org.uk

Young adult carers

A fun summer for young adult carers

It's been a fun few months for young adult carers in Sheffield as we reach the end of the funded project 'Time for Change' funded by Carers Trust.



Crack the code - Nerves were tested and teamwork was judged in our 'battle of the sexes' escape room experience at Crack the Code Sheffield. After being locked away for an hour both teams worked frantically to solve the clues to escape the room. Big up to the boys who managed to escape 'The Cold War' room with minutes to spare. We are sure it was much harder for the girls as they didn't quite manage to escape 'The Vault'. A good time was still had by all so thanks to all who came.

Taking care of ourselves at the Art House - We got together at the Art House in Sheffield to design and create



our very own 'Time for Me' boxes, encouraging us to think about what things we would place inside the boxes that was important to us. We were loving the Tom Hardy box but think he might need to shrink a little to get inside!

Mental health first aid - On Tuesday 29th and Wednesday 30th August we are delighted to be able to offer the Mental Health First Aid course free of charge for young adult carers here at the Carers Centre. This is a two day training course which teaches people how to identify, understand and support a person who may be developing a mental health issue, as well as look after their own wellbeing. At the end of the course you will become a fully qualified mental health first aider! If you are interested in attending please contact Julia on 0114 278 8942 or julia@sheffieldcarers.org.uk

Fancy the movies? Dementia Friendly Cinema Screenings are available at www.sheffield.lightcinemas.co.uk/dementia-friendly

Adult Social Care service redesign, September 2017

By Marjorie Fee, Practice Development Officer
Practice, Safeguarding and DoLS (Deprivation of Liberty)

Adult Social Care

Following extensive consultation, Sheffield Council as a whole has decided to adopt a strategy of locality working. For Adult Social Care, this means changing the way we work to better support people in their communities.

At the moment, all our social care workers work with people across the whole of Sheffield, with care and support managed either by our adults service or our learning disability service.

The Locality Approach

From 4th September 2017, Adult Social Care is being restructured. There will be seven locality areas each being made up of a number of teams. In each team there will be a mix of roles, skills and experience to ensure that teams can support people effectively.

This should result in a clearer pathway for people accessing social care advice, information and support.

The general benefits to different customer groups are:

- Better information and access to support greater independence
- Better processes to support greater

productivity (via less duplication, fewer hand-offs, greater focus on customer outcomes)

- Better signposting and joint working (including via a locality approach) to support greater prevention

The Teams

Locality Teams will be based in a range of locations across the City including Moorfoot, Love Street and Crystal Peaks. In addition to Locality Teams, a number of teams will operate centrally; this will be to support specific customers, cohorts or functions.

The 0-25 Teams will work closely with the Children, Young People and Families Service, managing the transition of Special Educational Needs and Disability (SEND) customers with an Educational Health Care plan (EHC) as they become the legal responsibility of Adult Social Care at the point they become 18.

The Future Options Team will work with customers who have complex needs and are in a restrictive care settings, moving them to new models of care that promote independence.

The current Out of Hours team (OOH), Out of City function, Hospital based

Screening function and the Health funded Specialist Social Workers will be brought together to form the basis of a Hospital and OOH Social Care Team.

This 'First Contact' and Prevention teams will deliver our new Access model for calls and emails – unplanned social care contacts for new and known customers. Social care knowledge and expertise will be moved closer to the point of the customer's first contact with the council, allowing people to have a better conversation, at an earlier point in time.

More focused advice and information will be offered to people who ring the Access number, reducing the number of different council staff that customers have to speak to and reducing the length of time they have to wait for their query or problem to be resolved. This will help people to manage urgent and crisis situations, prevent them from escalating, and improve customer experience. This team will be based at Howden House and their contact number is: 0114 273 4567.

For more information visit the Sheffield Council website www.sheffield.gov.uk

Carer Voice



WORKING TOGETHER: A workshop for family carers and service providers

- Are you a parent or family carer for a relative with a learning disability?
- Do you provide support or services for people with learning disabilities and their carers?

If you are then come and join Carer Voice for a free event.

Carer Voice is a group of family carers and researchers from the University of

Sheffield. We have been working together to find out how carers and service providers interact with each other. We aim to use the evidence from this to enact change that improves experiences for family carers.

We would like to invite you to a free workshop where we will be sharing our findings. We will then invite family carers and service providers to collaborate to produce a series of recommendations for service providers to use when working with family carers. This is an exciting opportunity to make a difference.

The event will be held

On: **Friday 20th October 10:30-13:30**
(tea and coffee available from 10:00)

At: Central Fire Station,
197 Eyre Street, Sheffield S1 3FG,
Satnav postcode: S1 3HU

Lunch and refreshments are provided

For more information and to register your interest please contact:

rachael@carervoicesheffield.org.uk

Website: carervoicesheffield.org.uk

Extra social care funding

Extra funding for adult social care in Sheffield will be used to increase investment in frontline care services. A key aim is to increase the amount professional carers are paid, as well as stabilise the local social care market.

Plans are being set out by Sheffield City Council, which was awarded an extra £24 million over three years for adult social care in a one-off funding deal for all councils in the government's spring budget.

Almost £10 million has been earmarked to support the care sector and services commissioned by the authority, which includes home care, care home and supported living workers.

A total of £5.9m funding will be used to develop new and innovative ways to do

things, to relieve some pressure on the NHS and social care. This includes £1.3 million set aside to reduce delayed hospital discharges, so people don't have to spend more time there than they need to. A recent survey carried out by the Association of Directors of Adult Social Services (ADASS) showed that just one third of councils said they were planning to use their funding in this way, with the Department of Health now encouraging others to do so.

As well as the £9.8m earmarked for extra investment in Sheffield's care market, a further £8.3m will be used to support existing services under significant pressure, including mental health and services for people with learning disabilities.

Skills for Care estimate that there are 4,275 paid care workers providing adult social care in Sheffield.

Dementia cafés in Sheffield celebrates milestone

In June, celebrations took place for the 13th birthday of the Alzheimer's Society's successful dementia cafes in Sheffield, a forum for carers and those they care for to get together in an informal setting to share experiences, connect and socialise with friends.

Situated at the Central United Reformed Church in Sheffield, the central cafe specifically provides information about living with dementia and other services available locally in a comfortable environment. You can chat to people who will often be in a similar situation, either living with a form of dementia or being the carer of someone with the condition.

'Life with cancer' event, Harrogate

Hosted by Yorkshire Cancer research, this free event takes place at the Harrogate Convention Centre on the 16th November. The programme, designed for patients, carers, families and supporters, includes sessions on coping with cancer, lifestyle and cancer, financial and legal advice, caring for carers, managing side effects and opportunities to try Pilates, mindfulness and an exercise session specifically designed for cancer patients. There will also be an Information Hub – an exhibition area where guests can learn more about various aspects of cancer care and research.

To book a place and choose from the sessions on offer visit Yorkshire Cancer Research's web page www.ycr.org.uk/lwc2017 or call 01423 501269

Cafes are currently active in the city centre and in Beighton, Hillsborough, Wincobank and a brand new group in Meersbrook and all dates are available through the Alzheimer's Society.

If you would like to attend please call 0114 276 8414 or email sheffield-enquiries@alzheimers.org.uk

Consultation event for carers

Staff at the Sheffield Carers Centre welcomed the Central United Reform Church in the city centre on the 14th July to discuss the evolution of carer courses and discussions around carer experiences.

The morning was the result of a partnership approach to carer support; Sheffield Health & Social Care NHS Foundation Trust, Sheffield Carers

Centre, The Alzheimer's Society, Sheffield MIND and Drink Wise, Age Well (Sheffield) are working together to review and develop the courses that are run to support carers to cope with their caring role.

Carer feedback of the event was positive and it had been a hugely productive morning with social care and wellbeing colleagues able to receive a great deal of vital opinions. Ann, a carer at the event

said, "The meeting was excellent. The workshop must have been very satisfying for all, being able to voice opinions and hoping the voices will be heard by the relevant services."

The outcomes included carers' opinions about referral pathways, experiences regarding their own carer journey and issues surrounding hospital experiences and care.

Fundraising

Supporting us to support carers

We were delighted to receive a cheque for £650 from the Dore and Totley United Reformed Church who have committed to raise funds for the Carers Centre this year. A fantastic amount, which will help us provide much-needed activities to give carers a break from their caring responsibilities.

We're always grateful for support and often this can be via donations of time or expertise. A heartfelt thanks go to the following organisations who have supported us recently to help us deliver our services:

- Sainsbury's on the Moor
- Wickes, Young Street
- Grosvenor Casino

We receive regular 'in-kind' support from Wrigleys Solicitors for the legal advice service at the Carer Centre and from Spa 1877 who donate free vouchers for carers to use the spa facilities. Thank you also to individual carers and former carers who have recently made donations.



Emma raises funds for carers

Tough Mudder is a mud and obstacle course designed to drag contestants out of their comfort zone by testing physical strength, stamina, and mental grit. With no podiums, winners, or clocks to race against, it's not about how fast runners can cross the finish line. Rather, it's a challenge that emphasizes teamwork, camaraderie, and accomplishing something really challenging.

Emma, who worked as the Time for Me Co-ordinator at the Carers Centre, was challenged to commit to the event.

Focused and determined, Emma raised an amazing £635 for carers during a gruelling 12 mile obstacle course that tests strength, stamina and abilities to the limit.

Well done Emma!



New bank cards for carers

Carers looking after elderly friends of relatives will soon be able to use "carers' cards" to buy groceries and pay bills without any threat of being accused of fraud.

For the first time they will be provided with debit cards with separate PINs, so they do not have to ask for details.

The cards will come with the ability to limit exactly how and where money can be spent, reducing the opportunity for payments to be questioned.

Barclays, which will offer the cards from 2018, is attempting to reduce the potential for financial harm caused by carers' current lack of rights within the banking system. At present it does not allow casual use of debit cards by carers unless they have full power of attorney. Despite this over half of Britain's 7 million unpaid carers know the bank card PINs of the person they are looking after (research by Money and Mental Health Policy Institute).

Barclays will launch the new system in two phases starting this summer, when it will introduce the ability for customers to block certain goods and services such as gambling websites and certain shops.

By next year it is planning to introduce the new cards, which can be limited to use in certain shops with spending constrained to certain budgets.

Raise a toast to carers

Breakfast is the most important meal of the day. It gives us fuel and energy to help us get through the trials of the day. Unfortunately, many carers skip breakfast because they simply don't have time to prepare or eat it.

Britain's Best Breakfast is a national campaign organised by Carers Trust, to help raise awareness and funds to support unpaid carers. All over the country, Carers Centres will be appealing to people to host a breakfast event for friends and family – and raise some funds to support carers locally.

At Sheffield Carers Centre we support over 9,000 carers and their families and are striving to reach more. With an office in central Sheffield and activities and links throughout the city, we are ideally placed to offer information, guidance and a listening ear for people in a caring role.

If you or your friends and family are able

to help, that would be fantastic!

Whether it's bowls of cereal, a slice of toast, a pastry with friends or a fry up, we are 'egging' you on to get involved and hold an event to help raise funds for the 60,000 unpaid carers in Sheffield. An event can be as big or as small as you choose.

We can help with promoting your event if you want and would love to see any pictures to print in our newsletter and on-line, too.

We will be hosting a Best Breakfast event at the Carers Café on 13th October from 10am at the Central United Reformed Church –all welcome.

Visit the national fundraising campaign at www.carers.org/britains-best-breakfast for ideas, tips, information and downloadable media. Or give us a call if you want to discuss your ideas.

Mencap update



'Keep in Touch' Service (KITS)

Mencap are keeping in regular contact with carers aged 55 and over, and supporting those people to think about emergency and long term planning. This service includes continuing to organise and host information sessions and workshops for carers. For more information, advice and support feel free to call them

Monday -Thursday: 9.30am - 4.30pm
0114 275 8879.

Carers Circles

Many people who have been caring for a long time have told them that their caring role has often led to them feeling more isolated as they have had fewer opportunities than their peers to do what they want, when they want. Louise and Stephen at the Carers Circles project support people aged 50+ to find creative ways to make more connections and focus on their own goals. (This service will be coming to an end in September due to it been a one year funded project)

Carers Support Groups

Three Sharing Caring project support groups for carers are meeting regularly in the north, south-east and centre of Sheffield. We are working with other organisations to find ways that families from the Pakistani community can be supported to meet regularly. Community café at Sheffield Mencap and Gateway is a 'drop in' session between 12-2 Thursdays for carers to come and talk about any issues, and have lunch and a drink for just £3.50. As part of this they wanted to try and build up a new community carers social support session, and were thinking of trialling this the first Thursday of every month. The cost of these lunches at the community cafe will be £3.50 for a 2 course lunch and a drink.

FLASH (Families Lobbying & Advising Sheffield)

FLASH is continuing to meet to ensure that the voices of families of people with learning disabilities/autism remains strong and to speak up on behalf of these families. Whilst they cannot take

on individual cases, the FLASH committee would love more family carers to get involved, to respond to consultations and to share their caring experiences – positive as well as things that need to be improved. Information will be regularly collated and patterns noted and taken to a range of forums and meetings. Please email flash575@gmail.com and ask to be added to their mailing list or for more information.

Sessions

Wills and Trusts and Lasting Power of Attorney date around October/ November 2017 to be announced - **Please contact Mencap to be put on the waiting list and they will confirm when they have a set date 0114 275 8879.**

This session will talk about some of the things families may need to know if they, or other relatives, are thinking of leaving any money or property to someone with a learning disability and/or autism. This includes information about Discretionary Trusts, choosing Trustees, safeguarding people's incomes, legal obligations for parents of disabled people and more.

People Keeping Well

People Keeping Well in their community is part of Sheffield's Better Care Fund and is focussed on community based prevention activity that can help to prevent and delay people needing to access health and social care services. There are now nineteen 'People Keeping Well' projects in Sheffield all offering therapeutic activities and support for people within their communities.

Jan from the Carers Centre is working with some of the partnerships to help them support carers in various ways. Some have developed carer support groups, others have social cafes and Jan is organising 'Let's Talk About...' sessions on various topics for these groups. She is also delivering training to help workers to identify and support carers.

If you would like to get involved in activities in your area, give Jan a call on 0114 278 8942 or email jan@sheffieldcarers.org

Trustee vacancy at Sheffield Carers centre

Do you have an interest in helping us support carers? We're looking for a new trustee to join our Board of Trustees.

Sheffield Carers Centre is an independent charity, supporting over 9,000 carers across the city. We provide a range of services, delivered by 18 staff and 40 volunteers. We're also a network partner of Carers Trust, a national network of Carers Centres and Crossroads Care schemes.

You will need to have an understanding of the issues affecting the management of a small charity in the health and social care sector. Ideally computer literate, you'll need

to be able to commit approximately 2 days per month. Our meetings are usually held during the daytime. We are particularly interested in trustees who have expertise in marketing, fundraising and are IT literate.

The role of trustee is voluntary but we pay travel expenses and will provide an induction into the work of the Carers Centre.

For further information and an expression of interest form, please contact Graham Foxcroft at Sheffield Carers Centre (office@sheffieldcarers.org.uk or telephone 0114 278 8942).

Closing date for expressions of interest Monday 4 September 2017.

A-Z of Health

We've now reached C in this series and are cheating a little bit because we want to provide information about how your local pharmacy and pharmacist can help you in a wide range of ways – so our article is about **C for your local Chemist**.

Everyone knows that you can go to the pharmacy in your local chemist when you have a prescription for medicines, but pharmacists can help with a great deal more. As a carer you won't always have the time to wait in the surgery waiting room, and surgery times may not always fit in with your caring responsibilities. So it is well worth remembering the range of support you can receive from the pharmacist, when a GP appointment may not be necessary. Often pharmacies are open later into the evening and at weekends, you don't need an appointment and frequently now chemist shops have a private room where you can ask to speak to the pharmacist in confidence. A pharmacist will protect your confidentiality in the same way as a health professional.

So how else can the pharmacy help you? Just a few examples...

- Help and advice with medicines – pharmacists are the experts in this and can advise on safe use of prescription and over-the-counter medicines.
- Help with minor ailments
- Healthy living advice
- Support to stop smoking or to cut down on alcohol

- Safe sex advice and emergency contraception

The pharmacist will not make notes in your medical record.

You can find out more about all of the above on the NHS Choices website, or just ask your pharmacist, but here are a few examples.

The pharmacist can give advice about a range of **common conditions and minor injuries**, such as sore throat, coughs, colds, cystitis and much more. If you need to buy an over-the-counter medicine, the pharmacist will help you choose the right one. They will advise if you do need to see your GP.

You might want to ask the pharmacist about the **New Medicine Service**. If you are prescribed an anticoagulant (blood-thinning medicine), or a medicine to treat asthma, chronic obstructive pulmonary disease (COPD), type 2 diabetes or high blood pressure for the first time, you can get extra help from the pharmacist through this free scheme.

People often have problems when they start a new medicine. As part of the scheme, the pharmacist will support you over several weeks to use the medicine safely and to best effect.

The service is only available to people using certain medicines. In some cases where there's a problem and a solution can't be found between you and the pharmacist, you'll be referred back to your doctor. Find out if you're eligible and how to join the scheme on NHS Choices website, or ask at the pharmacy.

Most pharmacists will now offer to manage your **repeat prescriptions**, meaning fewer trips to the GP surgery just to collect prescriptions. Sometimes you can even arrange delivery to your home. They can advise about side-effects and what to expect when you start taking any medicine, and can inform the GP if you are experiencing any problems with your prescribed medicine. You may also be offered a **Medicine Use Review** appointment (MUR) where you can discuss your medicines and make sure you are getting the very best effect from them.

We all know we should take steps to **live more healthily** and look after our own health - carers often worry about what will happen to the person they care for if they are ill themselves, though sometimes it can feel easier said than done. Pharmacy teams can help you look after your own and your family's health without always having to go to the GP. Ask your pharmacist for example about how they can help you maybe to stop smoking, advice on healthy eating or alcohol use. Some pharmacists offer the **NHS Health Check** for people aged 40-74.

So the pharmacist is a highly qualified, skilled professional who is able to offer a wide range of support, advice and information. You can find out much more about how the pharmacist at your local chemist can help you on NHS Choices website, or if you don't have access to the internet, ask next time you call in.

<http://www.nhs.uk/Livewell/Pharmacy/Pages/Yourpharmacy.aspx>

How to get in touch with Sheffield Carers Centre

Carers Advice Line

For information and a listening ear or to arrange a face to face appointment:

0114 272 8362

(Mon-Fri 9.00 am – 6.00 pm)

For information and support by email:

support@sheffieldcarers.org.uk

Office enquiries

Telephone: **0114 278 8942**

Email: **office@sheffieldcarers.org.uk**

Website: **www.sheffieldcarers.org.uk**

Post: **Ground Floor East, Concept House,
5 Young Street, Sheffield, S1 4UP**

We always welcome articles from carers for our newsletter. Please send by mail or by e-mail (Word or plain text format).

The deadline for copy for the next edition is: **Friday 20th October**

*This newsletter is produced by Sheffield Carers Centre (registered charity no. 1041250).
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