

## Carers Centre outreach in Gleadless Valley

**In February and March, we are working with local partners to reach out to carers in Gleadless Valley. Alongside Reach South Sheffield, an organisation that works to build confidence and resilience across the area, we have planned a focussed outreach campaign to identify and connect with carers.**

We have had support from the three local councillors, including Cllr Cate McDonald (Health and Social Care cabinet member at Sheffield City Council) and the local MP, Louise Haigh. We also are being supported by local churches, and other community organisations.

The planned activity includes leafletting areas where there is known to be a high proportion of carers; events include a

coffee morning at the Newfield Green library and a training event for professionals from GP practices, pharmacies and other organisations who meet carers frequently.

There is also a **carers workshop** taking place at Newfield Green library on Thursday 15 March, 10am – 12 noon at which you can meet other carers, engage with local community organisations, and get involved with arts and crafts. Why not come along?

If this campaign is as successful as we hope, we will run similar outreach efforts in other areas of the city over the next few years. We hope our outreach will leave behind a legacy of connected carers, better-informed and resourced professionals, and a grassroots-run support network in the local community.

## Thanks to GoodGym

**We are very grateful to our friends at GoodGym, who delivered 1,500 Carers Centre leaflets door-to-door in the Gleadless Valley area – a fantastic achievement!**

GoodGym is a group of runners that combines regular exercise with helping local communities. They run in order to carry out one-off tasks such as they have completed for the Carers Centre, or for individual older people who would like tasks doing they can no longer do for themselves.

GoodGym reported: *We headed out from base toward the Heeley Alternative*

*Energy Centre to meet 'Admin Adam' who did a fantastic job organising maps for us to help with the delivery of their leaflets to try and find some more carers in Sheffield. It was a task that was right up our street! We split up into pairs with leaflets in hand and had some quick team photos before heading out into the cold February air, flying high and low, but mostly high - Sheffield's got some hills! We all got back safely – though one of our members (Helen) did get a paper cut from her lightning fast leafletting!"*



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GoodGym volunteers collect their flyers and maps!

# Council Tax Exemptions for carers

## As a carer, you may be able to reduce the amount of Council Tax (CT) you pay.

Council Tax is calculated on the basis that there are at least two people aged 18 or over living in the property, but if there is only one person in the home then a 25% discount is applicable.

However, some people can be disregarded for CT purposes, which means that a single person discount can still be applied.

As a carer, you may be disregarded for Council Tax purposes if you meet all of these conditions:

- *you provide care for at least 35 hours a week.*
- *you live in the same property as the person you care for.*
- *you are not the spouse or partner of the person you care for, or their parent if you care for a child under 18*

In addition, the person you care for must receive a qualifying benefit, which includes Attendance Allowance, the highest or middle rate care component of Disability Living Allowance or the daily living component of Personal

Independence Payment. More than one carer in a household can be disregarded for CT purposes if they meet the criteria above.

## Discounts for people who are 'severely mentally impaired'

If you live with someone who is considered to have be 'severely mentally impaired', they can be also excluded when your Council Tax is calculated. This phrase is used For Council Tax purposes this phrase means a severe impairment of intelligence and social functioning (however caused), which appears to be permanent. This includes people who are suffering from a degenerative brain disorder such as Alzheimer's disease, a stroke or other forms of dementia.

To qualify for the discount for people who are severely mentally impaired, a doctor must confirm this condition, on request. In addition, the person must be entitled to a qualifying benefit.

If all the people living in a household are disregarded for CT purposes because they are carers of severely mentally impaired, then a 50% discount is applied to the Council Tax bill.

For more information, including a full list of qualifying benefits, please contact the City Council on 0114 273 6633 or go to [www.sheffield.gov.uk/home/council-tax](http://www.sheffield.gov.uk/home/council-tax). You can also download a factsheet from the website of Carers UK - [www.carersuk.org](http://www.carersuk.org)

## Live Wise, Age Well

This course, run by Drink Wise Age Well, aims to strengthen our ability to 'bounce back'. You will learn coping strategies and learn from others. The course covers adjusting to changes as we age, maintaining a healthy body and mind, keeping active and nurturing healthy relationships.

It will take place at the Carers Centre on four consecutive Monday mornings, starting on **Monday 23 April**.

For more information, or to book a place, contact [jan@sheffieldcarers.org.uk](mailto:jan@sheffieldcarers.org.uk) or ring 0114 278 8942.

# Changes to your Newsletter

**As part of the ongoing review of services at Sheffield Carers Centre, we have been exploring ways to make the newsletter more effective, interesting and useful to you as a carer. We also have to factor in how we are using the resources we have, as the Newsletter currently costs over £20,000 a year, with the majority of that expense being spent on postage.**

As a result, we have decided to launch an e-bulletin service once a month. This will allow you to receive up-to-date, timely information about events that are taking place, and have better communication links with us at the Centre. Each month,

you'll receive an email that explains what's happened recently, plans for upcoming events and other helpful information that we think you might need to know about.

The e-bulletin will augment the newsletter, which will continue. However, we will be changing the size of the newsletter from A4 to A5 - this change will enable us to save several thousand pounds a year in postage costs, which we can then spend on other services instead. This newsletter will in future be in colour, which increases its accessibility.

If we already have your email address, you will receive your e-bulletin automatically. If we don't currently have



your email address, please give it to us by sending a message to [office@sheffieldcarers.org.uk](mailto:office@sheffieldcarers.org.uk). (If you're not sure, please just send us a message anyway).

Don't miss out on this new way of keeping in touch with the Carers Centre! **We will be awarding a gift voucher to one randomly-selected carer who sends us their email address over the next month or so.**

# Goodbye... and welcome!

Goodbye to **Julia McNally**, at the end of the Young Adult Carer project. Many of you will be aware that we received funding from Carers Trust to run an 18 month project, looking at how we could reach and support carers in the age group 18 - 25 years. Many carers now have fond memories of the activities she organised, including trips to the seaside, picnics in the park and an evening in the Sheffield Escape Rooms! Fun activities, but with the very serious purpose of reaching out to younger adult carers and letting them know how the Carers Centre can support them.



Thank you to Julia for all she has done and we wish her every success with all that comes next.

Goodbye also to **Ron Davenport**, who has retired from the Centre, having worked as our office cleaner for around 20 years! Ron's deadpan sense of humour, loyalty, thoughtfulness – he never forgot a colleague's birthday! – and the way he wielded a mop, will be sorely missed. He leaves with our very best wishes for a long and happy retirement!



Welcome to **Adam Wisdich** who has joined the Carers Centre in a temporary post to do communications work for the Centre. Adam is currently an Army Reserve Officer, and will be spending one year as a full-time officer later in the year, but while he's with us he's doing a great job of updating the website and our publicity materials, and leading on some important work to help us raise the profile of the Carers Centre across the city.



Great to have Adam on the team!

## Sheffield Teaching Hospitals recognise carers

**Kerry Fenton-Coopland** (Patient Experience Project Manager at STH) writes...

**Sheffield Teaching Hospitals recognises the vital role that carers have to the health and wellbeing of the people they support when at home or accessing hospital services. We value carers' insight and expertise and, as much as possible, want to provide carers with advice and information to support them in their caring role.**

In response to the Sheffield Carers Strategy, the Trust has set up a Carers Project Group, which is working to make improvements to ensure that staff at Sheffield Teaching Hospitals are able to:

- *Identify carers at any stage of their caring journey*
- *Recognise and value the role of carers who are experts in the care needs of the people they support*
- *Listen to and take into account carers' views and concerns*
- *Communicate openly with carers, including explaining fully any treatments, medications or regimes, and ensure carers are fully involved in the care, treatment*

*plans and discharge arrangements of the people they support*

- *Signpost carers to local organisations who can offer further support*

One of the actions set out by the Carers Project Group is to better understand the experience of carers. We have been running a questionnaire to gain feedback from carers and we would very much like to capture as many experiences and stories as possible. To do this we are working with the Carers Centre to distribute the questionnaire.

If you have received a questionnaire with this newsletter, we would be grateful if you could spare 10 minutes to complete it and return it in the pre-paid envelope provided. If you have not received a questionnaire and would like to take part, you can either complete the questionnaire online at <http://ratenhs.uk/VNNfSE>. Or you can collect a paper copy of the questionnaire from the Carers Centre, or ask them to send you a copy.

If you would like further information on the work the Trust is undertaking as part

of the Carers Project Group please contact the Patient Services Team on the number above.

### GoodGym are on a mission!

GoodGym carry out Coach Runs – where they pair their runners up with an elderly person who would like someone to run to them on a weekly basis, for a cup of tea and a natter, and then the runner runs home - and Mission Runs – where runners get together to do a task for an elderly person that can no longer do themselves - such as changing a lightbulb or clearing out their back garden.

If you would like to have a GoodGym volunteer visit you, or have something you need to get done, then please get in touch by phoning us or emailing [support@sheffieldcarers.org.uk](mailto:support@sheffieldcarers.org.uk)



# Could you volunteer at the Carers Centre?

## Do you have a few hours a week to spare to support Sheffield Carers Centre and be a part of our amazing volunteer workforce?

We are currently recruiting for a number of volunteer roles. If you would like to apply or would like to discuss further, please contact our volunteer coordinator Scott Little on 0114 278 8942 or email [volunteers@sheffieldcarers.org.uk](mailto:volunteers@sheffieldcarers.org.uk). We would particularly welcome applications from people who are BAME and LGBT+.

## Advice Line support volunteer

Every month over a hundred carers use the Carers Centre's service for the first time, and many ring our busy Advice Line. We need to be able to respond in a timely and efficient manner and as an Advice Line volunteer you would help us to do this.

Volunteers make telephone calls to carers who have been referred to the Carers Centre and answer the phone

when carers contact the Centre directly. They gather information from the carer, provide basic information, for example about the service provided by the Centre, and find out about any further support needs they may have, scheduling a call with a Carer Advisor if necessary.

If you have good listening skills and a friendly manner, as well as being able to use a computer competently, please get in touch.

## Telephone Linkline for Carers (TLC) befriending volunteer

Do you like talking to people and are confident talking to them on the telephone? Do you have basic computer skills and can write up short notes using a keyboard? If this is you, we would love to hear from you. We are looking for volunteers to call carers regularly where it is identified that they may benefit from a social chat and friendship.

## Carers Café volunteer

Our carers café takes place each month on the second Friday of each month, at the Central United Reformed Church on Norfolk St. It is an opportunity for carers to meet together in an informal and relaxed environment.

As a volunteer you would be responsible for welcoming carers to the café and ensuring that they have someone to speak to, either sitting with them for a chat or spending a little time with the person they care for whilst the carer meets other carers. On occasion, you may also be asked to help the volunteers in the kitchen, providing refreshments and ensuring that the venue is clean and tidy at the end of the session.

**With all our volunteering roles, you will be provided with the appropriate training, have your out-of-pocket expenses refunded and be fully supported by our staff team.**

# What's on?

## Carers Centre Events

### Carers Café

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

Friday 9th March 2018

Friday 13th April 2018

Friday 11th May 2018

Friday 8th June 2018

Friday 13th July 2018

Time: 10am – 12 noon

### 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 15th March 2018 – Drinkwise are coming into to talk to us

Thursday 19th April 2018 – Rob Lawson from Sheffield MIND will be joining us

Thursday 17th May 2018

Thursday 21st June 2018

Thursday 19th July 2018

Time: 10:30am – 12 noon

## External Events

### Ecclesfield Carers Group

Meets on the **second 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 22nd March 2018

Thursday 26th April 2018

Thursday 24th May 2018

Thursday 28th June 2018

Thursday 26th July 2018

Time: 10:30am - 12:30pm

### Lowedges Carer Support Group

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

### Darnall Carers Group

**Fourth Tuesday** monthly 10.30am - 12. Church of Christ, Station Rd, Darnall

## Zest Carer Support Group

This is a support group for carers in the Upperthorpe area – all welcome! Zest Centre, 18 Upperthorpe.

Contact: Jenny 0114 270 2040

Thursday 1st March 2018

Thursday 15th March 2018

Thursday 29 March 2018

Thursday 12 April 2018

Thursday 26 April 2018

Thursday 10 May 2018

Thursday 24 May 2018

Time: 1:30pm - 3:00pm

## Woodhouse Carers Group

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

## Shipsape Carers Group

Shipsape Carer Support Group meets on the **third Tuesday** of the month, 10am - 12 at the Shipsape Health and Wellbeing Centre on Sharrow.

Tel: 0114 250 0222.

If you belong to a carers' group that isn't listed here, please let us know!

# PIP and people with mental health problems

**The Government has recently announced that it will not be appealing a High Court decision that will entitle more than 160,000 people with mental health problems to extra support from Personal Independence Payment (PIP).**

In February 2017, the government introduced regulations that limited the amount of support that people who struggle to make journeys because of psychological distress could get through PIP.

At the time the Government said that people in this group had fewer support

needs than other disabled people who struggle to make journeys, even if their mental health problems actually prevented them from leaving the house alone. Following a challenge brought by Public Law Project and their client RF, the High Court found that this was 'blatantly discriminatory' against people with mental health problems and 'cannot be objectively justified'.

This is a great victory for people with mental health problems.

If you or the person you care for were refused PIP and believe this decision is wrong, please contact Sheffield Citizens Advice Bureau on 03444 113 111 or our Carers Advice Line.

## Can you get a free or discounted TV licence?

**Don't forget that you can get a free TV licence when you, or someone you live with, reach the age of 75 years. Also, once you reach the age of 74, you can get a short-term licence to cover the months between your licence being due for renewal and your 75th birthday.**

If you or someone you live with is blind (severely sight impaired) you can get a 50% discount on the standard licence

cost, but if your digital box is used to produce sound only – no TV picture – you don't need a licence at all.

In all these cases, the discounted or free licence covers everyone in the household of the eligible person.

For more details and to apply, please go to: [www.tvlicensing.gov.uk](http://www.tvlicensing.gov.uk) or ring 0300 790 6165.



## Carers Expert Panel

**Don't forget that the Carer Expert Panel (CEP) helps us at the Carers Centre to make decisions about our services.**

If you have any questions, suggestions or comments about what we offer to carers, please email [expertpanel@sheffieldcarers.org.uk](mailto:expertpanel@sheffieldcarers.org.uk) or

write to the address on the back of this newsletter.

We are always looking for new members of the CEP and are particularly interested to hear from people representative of carers aged under 40, and of LGBT carers.

Apologies to Jean Ward of the CEP whose article in our last edition was wrongly credited to Jean Booth.

## Priority Services Register for people in need

Severe weather, flooding or simply a fault somewhere along the line, can occasionally mean we lose our gas or electricity supply. When this happens we immediately want information and to know how long the power cut will last, but for some people it can be an incredibly stressful situation. In some circumstances, heating is fundamental to a person's wellbeing and this is where the Priority Services Register (PSR) can help. The PDR is a free service provided by suppliers and network operators to customers in need; it provides advance notice of planned power cuts, priority support in an emergency and an identification scheme to reassure you that callers, for example meter readers, are genuine.

You may be eligible to sign up to the register if you or the person you care for:

- *are of pensionable age*
- *are disabled or chronically sick*
- *have a long-term medical condition*
- *have a hearing or visual impairment or additional communication needs*
- *are in a vulnerable situation (a wide range of circumstances can be deemed vulnerable situations - contact your energy supply to discuss)*
- *live with a child aged under five*

Each energy supplier and network operator maintains its own register, so to join the PSR, you simply need to contact your energy supplier. If you have a different supplier for your gas and electricity, you need to contact them both. If you switch supplier then you will need to register for the service again with them. It is also possible that your water company may provide free support services - contact them directly to find out if they offer a similar service.

# The Carers Service Improvement Forum

Liz Naylor, Chair of the Forum, writes...

**How do you make a difference when you are a carer? What can you do to let Sheffield City Council know what you think of the service they provide to you and the person you provide care for?**

A Service Improvement Forum provides a platform for carers to have their say and to find out what is going on in the world of Adult Social Care. It aims to be a safe place where people will have their voices heard, acknowledged and respected. It should be where carers receive answers and information. The Forum aims to check how well Adult Social Care is working and how to improve it.

As the Chair of the Carers SIF, I try really hard to ensure all this happens. I am the carer of an adult daughter with Down's Syndrome who lives at home, and my mum and mum-in-law also have care needs. The other carers who attend our meetings care for family with a wide range of needs.

The agenda of the meetings is wide-ranging but there is always a slot for individuals to highlight any current concerns they have so that they can be addressed either at the meeting or taken to the appropriate person or department. There are always senior members of staff there, and often the Director of Adult Service, Phil Holmes, is in attendance.

A recent evaluation report identified that we, the carers, were sometimes frustrated about the length of time it takes to see action from the issues we identified and we recently used our collective muscle to stop quite so many presentations so that more time could be spent on discussion. At our last meeting, however, we were delighted to receive a report on the success of First Contact, whereby a team of trained staff is always at the end of the phone. The pilot ended in July and, as it was a success, First Contact was launched in August. All workers have healthy conversations

training and learn to listen to people to ascertain what they actually need. The system has received positive feedback but the team is still looking at how it can improve. For instance, the team aims to be able to clear all calls by the end of the same day so people are not waiting two or three days for a reply.

The Carers SIF always welcomes new members. We encourage everyone to have a say or just stay in the background listening to the discussion (well, at least until people are ready to give us their two penn-orth!)

For further details of how to become a participant of the Carers SIF, please contact Caroline Thickett, email: [caroline.thickett@sheffield.gov.uk](mailto:caroline.thickett@sheffield.gov.uk) or tel: 07717 156521.

## We've updated our website!

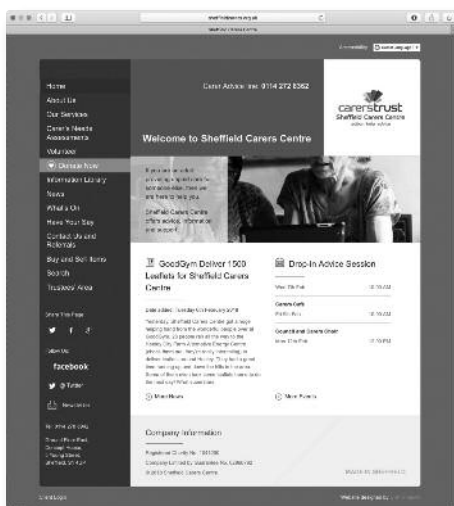
**Our website, which you can find at [www.sheffieldcarers.org.uk](http://www.sheffieldcarers.org.uk) has had a makeover. Using the colour scheme of Carers Trust, we've brightened up the place and revamped how the site looks.**

We've also added a lot of new content for you to look at, including updating our list of services, adding in more information to the Information Library, and includes an area specifically for professionals.

Let us know what you think of the updated site. If there is anything you would like to see added, please let the Carer Expert Panel know – email [expertpanel@sheffieldcarers.org.uk](mailto:expertpanel@sheffieldcarers.org.uk)

**Did you know?...**

We also have a Facebook page, which you can follow: just search for Sheffield Carers Centre and give us a like. We post there nearly every day, so it's



another way you can receive information about what's going on.

We also have an online community for carers who use our services or receive our newsletter. You can be added into that by adding the user "Julia Carers" as a friend on Facebook, or emailing the office at [office@sheffieldcarers.org.uk](mailto:office@sheffieldcarers.org.uk).

## Mental Capacity Act Information Session

This event is being offered by Inclusion North and is aimed at family carers of people with a learning disability and/or autism. It will take place on Friday 9 March 2018 in Sheffield City Centre.

The Mental Capacity Act is an important way of protecting the rights and liberty of people who may need support around decision making in their lives, including people with a learning disability and/or autism. This affects the role of family members and family carers in any decisions being made.

Please note, this session is repeating those that were offered in 2017 so you may not want to come if you attended one of those sessions.

**How to book onto this event**

You can book yourself a place at the session by contacting Samta at [samta@inclusionnorth.org](mailto:samta@inclusionnorth.org), calling 0113 244 4792 or using this link to book a place online: <http://bit.ly/2DBp797>

# Good cake, good company, what's not to like?

**If you enjoy meeting people who understand what caring is all about, why not come along to our monthly carers' café?**

The café is held upstairs in the Central United Reformed Church on Norfolk Street on the second Friday of each month 10am-12noon, there is a lift if you don't like steps!

There is no agenda, this is simply a safe space and time for carers to come along, with or without the person they care for, to eat cake and have a chat. We have

staff and volunteers available for anyone who has specific issues to discuss, but mainly it is just a social occasion. We sometimes invite other relevant organisations to give out information and answer questions from carers.

At the cafe on 13th April we will be hosting a First Aid course run by British Red Cross (booking essential) and in Carers Week in June and at Christmas, we really push the boat out and have entertainment from our Carers Choir and various activities.

Our next café is on 9th March and we would love to see you there!



## Clifford House

**Naureen Khan of St Luke's Hospital writes...**

**Clifford House is a new part of St Luke's and is here for anyone affected by an illness that has no cure, either those directly affected, or their families, carers and friends. Open Tuesdays, Wednesdays and Thursdays, 10am-4pm each week, Clifford House offers a range of activities centring on practical support and advice, as well as fun, relaxation and wellbeing to support you and your loved ones at every stage of your journey.**

Situated in tranquil gardens on Ecclesall Road South, just next door to our Little Common Lane site, this former family home is now open to make your own. Whether you come to relax, to socialise, or simply to pop in for a drink and a chat, all of the facilities are completely free for guests and their families, friends and carers.

We understand caring for someone with an illness with no cure can be extremely difficult. At Clifford House we have a range of activities on offer to support you with your caring role, from practical

guidance on aspects such as moving and handling, advice and information sessions with our experts, to complementary therapies to help you relax and improve your wellbeing. Each day we offer a variety of activities that are open to all abilities, from creative writing to life drawing, film screenings to musical workshops. You can learn new skills, such as cookery and technology, or to dance with your partner or the person you are caring for, all while meeting people in similar situations to your own.

Each day we have Citizens Advice Sheffield on hand to offer you support

and advice with a wide range of matters such as housing, finances, work, health, lifestyle and wellbeing. You're also welcome to join us for a complimentary lunch between 12pm-2pm.

For more information on Clifford House and the activities and services on offer please visit [www.stlukescliffordhouse.org.uk](http://www.stlukescliffordhouse.org.uk). You can book a place on any one of our activities online at [www.clifford-house.eventbrite.co.uk](http://www.clifford-house.eventbrite.co.uk) or by calling us on 0114 235 7650 or by email at [cliffordhouseenquiries@hospicesheffield.co.uk](mailto:cliffordhouseenquiries@hospicesheffield.co.uk)



# Free travel for young carers

**Louise Haigh, the MP for Sheffield Heeley, is working with our friends at Sheffield Young Carers to call on South Yorkshire Passenger Transport Executive (SYLTE) to provide free travel for young carers in Sheffield.**

Young carers are children and young people under the age of 25 who provide full or part-time care for family members who have a long-term physical illness, a disability, mental health issues, or substance and alcohol misuse issues.

Just like adult carers, these young people save the government billions of pounds a year and yet they are expected to give more and more.

This new petition is calling on the SYLTE to provide young carers with a free bus pass so they can undertake their caring responsibilities more easily, carry on with their education, training or employment, and have the chance to have a social life. This is something that the Scottish government has already begun to implement, and is a sensible move to allow young people to stay connected to

their community and able to travel with their family member or friends behalf at no expense to themselves.

We hope that the SYLTE will deliver for these young people, and then be open to extending that pass to ALL carers, who are equally in need of support for transport.

If you would like to sign the petition, please follow this link:  
<http://www.louisehaigh.org.uk/blog/free-travel-for-young-carers>

## The Big Care Survey

**The government announced last year that it will be looking at social care reform in 2018. As part of the process, they want to hear from care users and carers so that they get a picture of what the system is like today and what the people it impacts want to see changed.**

The Care and Support Alliance, which represents over 80 leading national charities, wants to hear from as many people as possible who have experience with adult social care in England to be able to tell them what it looks like now and what needs to change. The Alliance has launched a survey and is very keen

to get the perspective of carers as well as users of social care services.

To give your views, please go to <http://careandsupportalliance.com/the-big-care-survey> - it will only take 15 minutes of your time. But hurry – the survey closes on Friday 9 March.

## World Parkinson's Day open day

**There will be an event to mark World Parkinson's Day on 11 April 2018 from 10am to 4pm at ARC Lyndhurst Road, Nether Edge S11 9BJ.**

The day will raise awareness of the useful practical help, support and assistance available to people with Parkinson's and those who care for them, and there will be representatives from agencies within Sheffield who are able to offer help and support.

There will also be (optional) workshops including:

- *Posture and strength workshop*
- *Relaxation*
- *Singing*

- *Dancing and exercise to music (tbc)*
- *Introduction to "PD warrior"*

Refreshments will be available and the opportunity to chat with others familiar with the illness.

For more information, or if you need help with transport, please contact Gemma Burgin, Parkinson's nurse, on 07970 351584.



## Carers Allowance to increase

Carers Allowance increases in April 2018 to £64.60 per week. This is the benefit paid to carers not in full time education who care for more than 35 hours a week and look after someone who receives certain benefits, including Personal Independence Payment (daily living component), Disability Living Allowance (the middle or highest care rate) and Attendance Allowance.

The earnings threshold is also set to increase to £120 - this is the amount you can earn (after certain deductions) before your Carers Allowance is affected.

For more information, search for the Carer UK website and download their factsheet, or contact our Carer Advice line on 0114 272 8362.



# For sale and wanted

**We receive many requests to advertise items carers would like to sell (or buy). Unfortunately, we don't have room to advertise them all in the Newsletter - but we do now advertise all these items on our website.**

If you want to see what's available to buy, please go to [www.sheffieldcarers.org.uk](http://www.sheffieldcarers.org.uk) and click *Buy and Sell Items > Items on Offer* on the left hand side. If you are looking for an item but don't have access to the internet, please ring us on **0114 278 8942** and we can tell you what is currently being advertised.

Examples of things we've been asked to advertise recently include:

- a **3-wheel walker/rollator** (£40) in S5
- an **Eden mobility scooter** (£250) in Gleadless / S12
- a **Stannah straight stairlift** (£400) in Tinsley / S9
- an **Azalea wheelchair** (£600)

If you would like to advertise an item on our website, you can email details to [office@sheffieldcarers.org.uk](mailto:office@sheffieldcarers.org.uk) or call us on 0114 278 8942, and we will take down the details and place the advert for you.

## Feedback wanted on changes to social work teams

**Louise Richards from Sheffield City Council writes...**

On 4 September, we created new social work teams to work in local areas, new specialist teams, and a new way of contacting the Council for social care queries. We have changed the way we work to better support people in their communities, make it easier for people to access social care advice, information and support, and make better use of our resources. The changes are intended to make life better for the people we serve. However we need to check this and not take it for granted.

### Our services

- **First Contact** is the new way for people to contact us, offering personalised support quickly to help people stay independent, safe and well. First Contact puts professional social care staff and occupational therapists on the phone lines – as close as possible to the person's first contact with us.
- **The Hospital Team** supports people to go home as soon as possible.
- We have reorganised our social care staff into **Locality Teams** across seven areas of the city, providing more personalised care and support and better access to community services. If people still need support after the 'first conversation' they have with the First Contact team, they are supported by Locality workers for the rest of their

involvement with social care, meaning that staff can build up a relationship with people in their local area. This includes linking people to what's available in their neighbourhood and to citywide services as and when they are needed.

These new teams support specific customers:

- The **0 – 25 Team** works with young people from the age of 18 with Special Educational Needs and Disability who have an Educational Health Care plan, to help them move to adult social care services.
- **Future Options Team** works with customers who have complex needs and are in restrictive care settings, moving them to community care settings that promote their independence where possible.

### Survey of carers

We are preparing for a six month review of the changes, and would appreciate your feedback as a carer in the following ways:

You can complete an online survey using this link: [sheffield.citizenspace.com/communities-business-strategy/asc\\_changes\\_carers\\_feedback](http://sheffield.citizenspace.com/communities-business-strategy/asc_changes_carers_feedback)

Thank you in advance – we really do appreciate you taking time to help us improve our services.



## Can you make a donation or help with fundraising?

**The Carers Centre is a registered charity and is always happy to receive donations. If you would like to make a donation, you can**

- Send a cheque payable to Sheffield Carers Centre to the address on the back of this Newsletter
- Go to [www.justgiving.com](http://www.justgiving.com) and search for Sheffield Carers Centre – you can then make a regular or one-off donation

**Raise funds at no cost to you!**

Go to [www.easyfundraising.org.uk](http://www.easyfundraising.org.uk) and register, nominate Sheffield Carers Centre as your charity, and every time you do your online shopping via this site, the Carers Centre will receive a donation from the retailer, but your shopping won't cost you any extra. Participating online retailers include Amazon, eBay, John Lewis and very many more.



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# News from Sheffield Mencap and Gateway



## Sharing Caring Project - 'Keep in Touch' Service (KITS)

As part of our partnership work with the Carers Centre, Kirsty and Cathy are keeping in regular contact with carers aged 55 and over. They support carers of people with a Learning Disability and or Autism to think about emergency and long-term planning. They can also provide information and support around various issues such as benefits information etc. This service includes holding information sessions and workshops for carers.

For more information, advice and support feel free to call us Monday - Thursday: 9.30am - 4.30pm 0114 275 8879.

## Events

### 'Top tips for planning for the future'

Thursday 19th April 12.30 - 2pm at Sheffield Mencap and Gateway

Contact us on 0114 275 8879 for more information or to reserve a place for this session

If there is a topic you would like more information about, contact us to see if this is something we can help with.

## News to report:

- We held a very successful Wills and Trusts information session in January, where 27 carers attended with Tricia Carter from Lupton Fawcett Denison Till. This session was held to help families gain information they 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. It included information about Discretionary Trusts, choosing Trustees, safeguarding people's incomes etc.
- We have met with Nesreen Shah from 'Dance to Health', a new, pioneering

falls prevention dance programme for older people, which combines physiotherapy with the creativity, expression and energy of dance Sessions are currently being piloted in Stocksbridge, Hunters Bar and Pitsmoor. Dance to Health classes could be for you if you want to improve your balance and flexibility and reduce your risk of suffering a fall, or are interested in a new way of getting fit. If you are interested in attending a session or would like to know more, please call 01993 870 159 or email NesreenShah@ae-sop.org – no experience necessary!

## FLASH (Families Lobbying & Advising Sheffield)

FLASH meets to ensure that the voices of families of people with learning disabilities/autism remains strong and to speak up on their behalf. Please email flash575@gmail.com to be added to their mailing list or for more information.

## Carers support groups

Three support groups for carers meet regularly in the north, south-east and central Sheffield. We are now working in partnership with SOAR, a community regeneration charity that provides services designed to improve a person's health, well-being and employability. Information and social sessions take place at the Acorn pub (Chapelton) north group on the third Tuesday of each month, 12 – 2pm.

The carers information hub/community cafe meets regularly at Sheffield Mencap and Gateway on the first Tuesday of every month. The cost of these lunches is £3.50 for a 2-course lunch and a drink. Please just pop along or give us a call for more information.

There is also a weekly 'drop in' session between 12 - 2pm Thursdays for carers to come and talk with Kirsty or Cathy about any issues they have or to bring paperwork to look at.

## Sheffield Mencap and Gateway news and events

We are hosting a Blue Sky Fashion Show and Sale. There will be a sale of high street clothes at large discounted prices! Tickets cost £6 and include a glass of wine and nibbles! All proceeds from ticket sales will go directly to our charity. Please note the event is for females only and it is essential to reserve a ticket by ringing 0114 276 7757.

**Projects** - We have many daytime and evening provisions - please see our website or call our development managers for more information about what's on offer 0114 276 7757.

**New – SHINE** is a 12-week healthy lifestyle programme for carers and children aged 8-17 helping to support families around obesity and lifestyle choices. It is held at Sheffield Mencap on Fridays. For more information contact Aaron on 0114 276 7757.

**New - Children's and Young People's Fitness Group** - We're looking for more Children and Young People 10 - 24 to come and join in the fitness fun! It is held every Thursday 5 – 6pm and costs £3 per session. You can meet lots of new friends, and siblings are also welcome.

**Fitness fanatics** – back on Thursday 15th March tackles health, wellness, diet and exercise for people with learning disabilities and autism. The session runs on a Thursday evening at Norfolk Lodge from 6:30 - 8pm. Each session costs £6, which includes a fitness activity, a healthy snack and information worksheets.

# A-Z of Health

**E** is for  
**Exercise**

**We have arrived at 'E' in our trip through the NHS Choices health A-Z and this time are looking at exercise. As always, there is more detailed information is available in the NHS Choices website, link at the end of this article.**

Many of us know we should probably do more exercise, but struggle either to motivate ourselves or find the time, and this can be particularly hard if you have caring responsibilities to juggle with everything else. Some people really enjoy exercise, finding that it relieves tension and stress and giving that 'feel-good factor'. For others it can feel like a chore to add to an already long list.

According to NHS Choices, if exercise were a pill, it would be one of the most cost-effective drugs ever invented.

Exercise is vital for your physical and mental health. It helps you deal with stress and makes you feel better emotionally. Physical activity also helps to make your heart stronger, keeps you supple and reduces many health risks.

How much exercise you need to do to improve fitness depends on your age, but a general recommendation is that adults should take at least 150 minutes of moderate exercise per week – this is activity that makes you feel warmer and breathe more heavily than usual – and also do some strength exercises on two

or more days a week that work all the major muscles, (legs, hips, back, abdomen, chest, shoulders, arms). To work out what would be right for you, and ideas about how to achieve this, visit the NHS Choices website.

So there's a lot of evidence that exercise is good for us in many ways. The benefits for how you feel and your general wellbeing mean it is worth considering how some form of exercise or activity, which you enjoy, can be fitted into an already busy life.

When motivation is a problem though, what can you do about it? The good news is, all moving counts! Walking, swimming, housework, gardening and even walking up stairs can make a difference. Avoiding sitting for long periods is beneficial, getting up for some form of movement every 30 minutes. Many carers of course rarely have many opportunities to sit for long periods and exercise, but exercise plans don't have to involve hours at the gym, or training for marathons. Experts offer many tips on motivation, such as being clear what is your own reason for exercising, how it will benefit you? Set yourself small and achievable goals, try and make the exercise something that is fun, and you enjoy, and don't let small setbacks put you off persisting.

You could consider using an inexpensive step counter, or if you have a smartphone, download an exercise tracker app, and walk more! It can help

with motivation to set small targets to increase steps walked per day or per week.



Some people find it easier to take part in exercise if they do it with someone else – if you've arranged to meet another person, it's harder to cancel.

Whatever you decide to do, if you haven't exercised recently, build up slowly and if you have any existing health or mobility problems, ask your GP for advice before you start.

In short, doing something is better than doing nothing, even doing 10 minutes at a time will bring benefits to health and wellbeing, and it's never too late to start!

For more information, visit the NHS Choices website:

<https://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-adults.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](mailto:support@sheffieldcarers.org.uk)

### Office enquiries

Telephone: **0114 278 8942**

Email: [office@sheffieldcarers.org.uk](mailto:office@sheffieldcarers.org.uk)

Website: [www.sheffieldcarers.org.uk](http://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 20 April 2018**

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