

Carers Week: Healthy and Connected

Carers Week is an annual event run by a consortium of national charities, including the Carers Trust, Carers UK, Age UK, Macmillan, MS Society and MNDA.

The week is dedicated to raising awareness about carers, the issues that they face, and helping research what support they need. Thousands of people across the country use this time to find and assist carers in their local communities.

This year, Carers Week will be focussing on keeping carers healthy and connected. Carers, especially those who care full time, often tell us that they find it difficult to do this, as it is hard to maintain friendships, exercise or get time to themselves. Talk to one of our Carer Advisors to consider ways to help your health and wellbeing.

Staying Connected:

- Join our Carers Café or a carers support group near you
- Join our online community of carers in a secret Facebook group
- Ask to be paired up with another carer through our TLC scheme

- Talk to a Carer Advisor about getting a Time for A Break grant to see a friend or family member
- Access Sheffield Occupational Health Advisory Services to make sure you can stay in employment if you wish to
- Get linked up with People Keeping Well initiatives in your local area that focus on community connections

Staying Healthy:

- Use one of our Spa 1877 vouchers to get a free spa day in Sheffield
- Use a Time for a Break grant to go to the gym
- Use resources on our website to find out how best to eat and drink healthily
- Arrange to see a counsellor to talk about your emotional wellbeing
- Get linked up with People Keeping Well initiatives in your local area that focus on healthy living

Over the course of Carers Week, we will be running several events focused on staying Health and Connected. All of them will be completely free of charge, so please come along to as many as you can!



What's on in Carers Week?

Sheffield Carers Centre is running a number of events across Carers Week in order to bring carers together, have fun, and increase your ability to stay Healthy and Connected. All the events are completely free of charge, and welcome to all. If you need any more information about something that is taking place during events week, then please don't hesitate to contact the office on 0114 278 8942.

Key Events:

**Tuesday 12 June,
10:30 - 12:30pm
Sheffield Carers Centre**
**Sheffield's Adult Carer
Action Plan Launch**

Many organisations across Sheffield including the council, CCG, teaching hospitals and Carers Centre have been working on a city-wide carer's strategy. We all engaged with carers to make this strategy focus on your needs, and not just be a glossy document that doesn't make a difference. Now that the strategy is nearly complete, there will be a launch event on 12th June, giving you an opportunity to get more information which you will find interesting and useful.



**Friday 15 June,
10:30 - 12:30pm
Central United Reformed Church**
**Healthy and
Connected Café**

This year's Carers Week theme is staying Healthy and Connected, so we're opening up a café that focusses on exactly those things. This will be a hub of activity with fitness workers, healthy living talks, free health check-ups, a chairiobics session and massages, all designed to help you improve your health and wellbeing and get you connected with your community. Drop in any time to relax in our café and learn how to keep fit and healthy.



Reserve your place!

There are a few things happening during Carers Week which you will need to book for:

**British Red Cross Emergency
First Aid course**

Monday 11 June

Time: 10am - 12noon
Venue: Carers Centre,
Concept House

**Afternoon buffet and
entertainment**

Tuesday 12 June

Time: 12noon - 3pm
Venue: Grosvenor Casino,
Duchess Road S2 4BG

**Afternoon tea
and quiz**

Wednesday 13 June

Time: 1 - 3pm
Venue: Carers Centre,
Concept House

These events will be popular and will be booked on a first come first served basis - so don't delay! Contact us to book your place.

Follow our Facebook page (@sheffieldcarers) for news of more events, or visit our website at www.sheffieldcarers.org.uk/carers_week

Phone: 0114 278 8942 Email: office@sheffieldcarers.org.uk



8th - 15th
JUNE

Carers Week™ Events



Friday 8 June,
10:00 - 12:00noon

Central United Reformed Church

Carers Café

Our pre-Carers Week event. Our usual café but with the added bonus of a performance from the Carers and Council Choir! Come on your own or bring the person you care for—all welcome!



BritishRedCross

Monday 11 June
10:00 - 12:00noon

Sheffield Carers Centre

British Red Cross

Following the success of our recent British Red Cross First Aid Course, there will be another course at our office on Young Street. This will include lessons on basic first aid, CPR and other life-saving skills. Please contact the Carers Centre to book a place as numbers are limited.



Tuesday 12 June,
13:00 - 15:00

Bamforth Park, Burton Street

Carers Open Day at Burton Street

There will be a carers open day at The Burton Street Foundation. If the person you care for attends activities at Burton Street come and have a look how they can support you as a carer. If you don't currently use Burton Street's resources, come along anyway as there will be lots of stalls and activities.



Tuesday 12 June
10:00 - 15:00

Grosvenor Casino

Carers Lunch Buffet

The wonderful staff at Grosvenor Casino are inviting carers along for a free afternoon buffet with entertainment. This is always a popular event so please contact the Carers Centre to book a place.

Monday 11 June,
10:00 - 13:00

On The Moor

Busking

Our talented team of buskers will be performing on the Moor in order to raise money for the Carers Centre and help increase awareness of who we are and what we do. If you're in the area, make sure you check them out! We'd also love to hear from you if you're a budding musician who'd love to get involved.

Tuesday 12 June,
09:00 - 17:00

The Mathews Practice Carers Awareness Open Day

Open Day

203 White Lane, Sheffield S12 3G
Drop in to this open day to speak to organisations including the Alzheimer's Society, Shipshape, Healthwatch, and Age UK. There will be a chance for you to go through a free health check with a nurse, and fun events including face painting and hand massages!

You can follow the national coverage of Carers Week online with the hashtag **#CarersWeek2018** and follow our local events on social media **@sheffieldcarers**

Wednesday 13 June
13:00 - 15:00

Sheffield Carers Centre

Afternoon Tea and Quiz

Our ever popular afternoon tea and fun quiz with quizmaster Rob Lawson is back. With questions ranging from the obvious to the cryptic, there is something for everyone at this wonderful event. You can come by yourself and join a team, or arrive with friends and family. Please contact us to book a place for you or your team.