



## Sheffield Carers Centre awarded new contract from January 2017

**We are delighted that the Carers Centre has secured funding from Sheffield City Council for 3 years from January 2017 to provide a citywide service for adult carers.**

In the summer the Council invited organisations to bid for a contract to provide a citywide carers information and advice service. Any organisation could bid as part of a competitive tendering process which outlines the service the Council wants to be provided and the funding which is available. We had to provide detailed information on how we would provide the service which the Council had specified, following consultation with carers. The Council also involved carers in designing the new service and evaluating all the bids submitted.

It's a very challenging and time-consuming process for a small organisation and we're very grateful to the carers who helped us along the way – carers were involved at every stage of our bid, including the final presentation and interview stage; and they will be involved as we develop and deliver information and support services into the future.

Carers Centre Chair, Ann le Sage, commented: *'This is wonderful news after many months of uncertainty. There has been a tremendous amount of hard work by the Carers Centre Chief Executive, the staff, volunteers and carers. Without this contract the Carers Centre faced a very uncertain future and we knew that we were in competition with organisations from outside Sheffield; so we are delighted that the Carers Centre will be supporting carers for at*

*least another 3 years.* The way we deliver services from January 2017 will be different from our current service but changes and new services will be introduced over time – for example we will take on responsibility for carrying out Carers Assessments later in 2017. But we'll also continue to provide many of those services we know carers value: carers will still be able to contact us by 'phone on our Carer Advice Line 272 8362; we'll continue to run our city centre Carers Café and our regular newsletter; we'll improve our website and online services but we won't forget that some carers don't use the internet or a computer, so we will still provide information in the best way for individual carers; we'll be bringing our talks and information sessions to different parts of the city and we'll continue to work with many organisations who support carers, including Sheffield Mencap & Gateway, Sheffield Mind and Sheffield Citizens Advice. Our staff team will include some new (and not so new) faces in 2017 and we have plans to introduce many more roles for volunteers.

'Carers have always been at the heart of everything we do' commented Chief Executive, Celia Robinson, 'and we were overwhelmed by their support during the tendering process. We know we can count on carers to help us make sure we can reach more carers and offer information and support which is relevant, timely and appropriate'.

So look out for developments as they occur – we will be publicising services in more detail in early 2017. There's also information on upcoming events in this newsletter and on our website ([www.sheffieldcarers.org.uk](http://www.sheffieldcarers.org.uk)) or call us on 0114 278 8942.

### Inside...

- Staffing changes at the Carers Centre page 2
- New role for volunteers at the Carers Centre page 3
- For Sale & Wanted page 4
- Carer film stars! page 4
- Lasting Power of Attorney – what's the urgency? page 5
- Help us help more young adult carers page 6
- A-Z of Health page 7
- Changes to our carers support groups page 8
- Have you had your flu jab yet? page 9
- Carer Expert Panel page 10
- Deprivation of Assets page 11
- Carers enjoy a day of blacksmithing! page 12

# Staffing changes at the Carers Centre

## This quarter has seen some more changes in the Carer Centre staff team with both an arrival and a departure!

We were delighted to welcome Saira Jabin to the team as a Carer Support and Information Worker. Saira comes to us with a wealth of experience of working with carers at Sheffield Mencap and Gateway. This is a temporary post until the end of December.

Unfortunately, we have had to say goodbye to **Razaz Ghani** who has worked at the Carers Centre for two years as a Carer Support and Information Worker. She has previously worked for the Centre in an administrative role. As well as providing valuable and dedicated support for all the carers she worked with, Razaz's role also specialised in working with carers from black and minority ethnic (BME) groups, empowering carers from BME communities to engage with carer services and access the support

and information they needed. Razaz played an important part in developing relationships with our partner organisations, helping to build supportive links with community organisations who work with BME communities.

Razaz has moved to an exciting new post, still using her skills and knowledge in advice work.

We wish Razaz every success in her new role, she'll be missed by all her colleagues at the Carers Centre.

## Your Carers in Sheffield Newsletter

Following the articles in previous editions, many of you have made donations to the Carers Centre to help us meet the cost of producing this newsletter – we are very grateful to all of you.

The Newsletter costs us about £20,000 per year to print and mail out.

### Make a donation!

If you have not already done so, you might like to help towards the cost of the Newsletter. 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 of the Newsletter.

Don't forget to include your full name and address. Or you can donate by texting SHEF24 £5 to 70070.

### How else can you help?

If you have access to the internet, you can ask us to send your Newsletter by email – this will save us money and it will help you too, because you will receive your newsletter a couple of weeks earlier. If you would like to get your newsletter this way, please let us know your email address by sending a message to [office@sheffieldcarers.org.uk](mailto:office@sheffieldcarers.org.uk) – or use the Contact Us page on our website.

### Thank you for your help!

## Research on family carers

Researchers at the University of Sheffield are asking for help with some research with family carers of people with learning disabilities.

This is a co-produced project and the researchers have worked to identify issues faced by family carers and to develop a survey so they can gather the views of others. They have looked specifically at interactions between family carers and service providers and have developed a survey for family carers to complete.

The survey that should take no more than 15 minutes and all responses will be treated in the strictest of confidence.

The researchers would really appreciate it if you would take the time to follow the link below and complete the survey. They hope that the findings from this project might be used to enhance communication between family carers and service providers.

<https://www.surveymonkey.co.uk/r/QJXTFVZ>

If you have any questions or would like to know more about the project please do not hesitate to contact Rachael Black by emailing [hcp12rab@sheffield.ac.uk](mailto:hcp12rab@sheffield.ac.uk)

### ADVERTISEMENT



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# New role for volunteers at the Carers Centre

**When carers contact the Carers Centre through our telephone support and information line, or are referred, we want them to be able to speak to someone who can help as quickly as possible. Sometimes, at particularly busy times, our team of Carer Support and Information Workers (CISWs) can't answer calls or respond to referrals as quickly as we'd like.**

We know this isn't ideal for carers who may sometimes be waiting for a CISW to call, without a clear idea of when that will be.

So we have been looking for a solution to this and are now piloting a new exciting role for volunteers which, as well as providing a very rewarding volunteer role, means that carers will speak sooner to someone who can listen, provide some information and if necessary arrange for them to speak to a CISW, giving the carer a good idea of when that will be.

This role will not replace our CISWs and the volunteers are not able to provide the same level of support; this is an additional service. What our volunteers can do is provide a listening ear, find out the reason for the call and help if they are able. They can provide information about what our service can offer to carers contacting us for the first time, or provide some basic information helpful to carers. They will ask a few questions to help understand the urgency of the call, which will help when arranging for one of our CISWs to call back when their expertise is needed. They will have made a record of what help carers need so they won't have to go through all of it again when they speak to the CISW.

We know that sometimes, carers just need someone to talk to, and our volunteers are able to provide time and



*Chris, one of our team of volunteers, speaks to a carer*

understanding. Most have had experience of caring, and in their professional lives have worked in roles which have given them insight and knowledge, working for example in social care, nursing, or with people with a learning disability. They bring a wealth of experience and the personal qualities to make a real difference to carers.

The pilot of this new role has been really successful and we're planning to extend this, so will be looking for more volunteers with the skills to carry out this role after completing our short training course. We would love to hear from you if you're interested to know more about this or any of our other volunteer roles. The Carers Centre would not be as successful as it is without our fantastic team of volunteers and we are always pleased to hear from anyone who might like to join us.

There is more information about volunteering at the Carers Centre on our website, or you can call and speak to Jan Outram, Volunteer Coordinator on 0114 278 8942 or email [jan@sheffieldcarers.org.uk](mailto:jan@sheffieldcarers.org.uk)

## Carers Service Improvement Forum

**If you care for an adult who accesses adult care services in Sheffield, you are invited to join the Carers Improvement Forum (SIF). Sheffield City Council aims to put you, as the carer, at the centre of good quality adult care services.**

As a member of the SIF, you will work together with senior managers to check up on the quality of services, and find ways to make things better.

Any carer of an adult is welcome. The SIF would really like to hear from people from all backgrounds, in particular those from unrepresented groups such as black minority ethnic backgrounds, older and younger people, and those who pay for the care of their relative or friend. The SIF give you any support or adjustments you need to attend and will cover any costs you incur by coming to the meeting.

The SIF currently meet every two months, normally the third Thursday of the month, in an accessible city centre venue. From January 2017, it plans to meet every month for an interim period. The next meeting will be held on Thursday 19 January 2017, at Sheffield Town Hall from 10.30am to 12.30pm.

For more information about the Carers SIF, please contact Melanie Rice, Development Officer by ringing 0114 273 5299, texting 07814 712211 or email: [melanie.rice@sheffield.gov.uk](mailto:melanie.rice@sheffield.gov.uk)

# Carer film stars!

## Four carers recently agreed to make a film about their experiences.

The film is only about three minutes long but the carers involved put across a powerful message of how caring can take its toll, and how the Carers Centre can help ease the stress of caring.

We are very grateful to the carers who agreed to be filmed and to Joe Horsey for making the film.

You can view the film via our website (go to the 'Have Your Say' section) or our Facebook page.



# For Sale & 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 For sale/wanted 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:

- an adjustable **4-wheeled walker** (£40) in Hackenthorpe
- a PRIDE electric **mobility scooter** (£400) in Longley
- an **over-bath chair** (£5) in Handsworth

- an adjustable **perching stool** with backrest (£10)
- a Brooks **stairlift** with 13 steps (£1000) in High Green
- an **outdoor key safe** (£20 in S9)

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.

## Christmas Closing

Sheffield Carers Centre and the support and information helpline will close for the Christmas holiday at 5pm on Friday 23 December, and re-open 9am Tuesday 3 January 2017.

If you need urgent support or information from Adult Social Care during this period, they can be contacted on 0114 273 4908

If you need someone to talk to in confidence, call Samaritans on 116 123. This number is free to call.

We would like to wish all our readers a very happy and peaceful Christmas and New Year.

### ADVERTISEMENT

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# Lasting Power of Attorney – what's the urgency?

A carer writes about the importance of getting legal documentation in place.

**My wife Mary is in the severe stages of early onset dementia and now needs constant nursing care. For those readers who care for loved ones whose mental faculties are deteriorating but are in the early or moderate stages, I would like to offer my experiences which may help you to make plans that may seem extremely difficult, but are very important.**

There are legal issues that if not addressed can end up with undesirable consequences, such as the inability for you to act in the best interests and the wishes of your loved one. For example, you may not have any control over bank accounts, investment accounts or any money which is held in your loved one's name should they become unable to look after their own affairs. Equally important is that you may not be able to take decisions for matters of health or to be able to give direction to health care providers for every day needs such as medication.

From my own experience, dealing with these issues can be very challenging to you as a carer as your loved one's health and cognition is declining and your own health and mental well-being may also be affected. I have therefore, given some views on the basic steps that need to be taken and some tips to assuage those tensions that could arise out of the process. None of this is offered as a legal expert, but purely as a fellow caregiver.

There are three legal documents that will be required as a minimum.

A **will** – to give control over how you or your loved one's personal estate is handled after their death.

A **Lasting Power of Attorney for Health and Welfare**. This allows you to act on behalf of your loved one and make decisions on their behalf when they are unable to make decisions for themselves. This will include decisions about their health care and medical

treatment, about where they live, and day-to-day decisions about their personal welfare, such as their diet, dress or daily routine.

A **Lasting Power of Attorney for Property and Financial Affairs**. This allows you to act on your loved one's behalf and make decisions about their property and finances when they are unable to make decisions for themselves.

When I was considering sorting out the above documents, I had it in mind that they would disappear into a safe somewhere never to be seen again. Instead, I've used the lasting powers of attorney on several occasions, some of which could have been serious had I not got the documentation in place. For example, I once used the lasting power of attorney for health and welfare when Mary had been discharged from hospital and given several new medications. Only once we got home was it apparent that the medication prescribed was in tablet form, which Mary could not take. Had I not had a lasting power of attorney for health and welfare in place, Mary would have needed to go back to the hospital to have the medication changed, but because the documentation was in place, the pharmacy was happy to deal directly with me, as her attorney.

Where someone lacks the ability to make decisions for themselves, such as going into care, a lasting power of attorney is likely to assist the process of determining the best interest of the individual. This in fact, was my experience.

I have also used the lasting power of attorney for property and financial affairs to take care of Mary's finances; she has an ISA account and a small occupational pension in her own name only, and the legal document I had enabled me to draw on these on her behalf. Without a lasting power of attorney this would not have been possible; a situation like this could be extremely serious for people who have much more substantial pension pots.

## My tips

Act quickly - if you do not have lasting powers of attorney in place, no-one will have authority to act for the person until someone is appointed to do so by the Court of Protection - this can be an expensive process. In our case, Mary had the capacity to sign the lasting powers of attorney, but sadly I left it too late to have her will updated in line with mine. Fortunately, this was not too serious and will probably mean that I will have some difficulties to resolve if I were to outlive her.

Act Jointly. I was sometimes paralysed into inaction because of the emotions tied up in discussing the inevitability of Mary's condition. What I found very helpful in the end was that we would both take out lasting powers of attorney, with our children as our attorneys.

Take Legal Advice. I got a solicitor to help me with the above documents and whilst it's tempting to think that the money for fees could be better spent elsewhere, I realise now what the cost could be if the documents were not properly set up and registered.

## More information

Don't forget that the Carers Centre offers free legal advice sessions every month. A solicitor from Wrigleys will be available to give a half hour of advice on this area of law. Please ring our carers support team on 0114 278 8942 if you would like to make an appointment.

Extensive guidance can be found on the Government website address [www.gov.uk/power-of-attorney](http://www.gov.uk/power-of-attorney) or you can contact them on 0300 456 0300 or email: [customerservices@publicguardian.gsi.gov.uk](mailto:customerservices@publicguardian.gsi.gov.uk)

The Alzheimer's Society has excellent advice in both document and audio formats. Got to [www.alzheimers.org.uk](http://www.alzheimers.org.uk) to contact them on 0300 222 11 22 or email [enquiries@alzheimers.org.uk](mailto:enquiries@alzheimers.org.uk)

# Help us help more young adult carers

**It's great that more young adult carers across the city have been in touch with the Carers Centre since September. Recognising there are specific needs for young people in a caring role, the Carers Centre now offers specialist support to this group of carers.**

This offer includes one-to-one case work, employment advice, study support, volunteering opportunities and lots of chances to meet other young adults who are also carers. We work alongside Sheffield Young Carers to run a fortnightly group for carers aged 16-25, as well as other groups to focus on specific things like publicity and fundraising. We were thrilled to welcome our first young adult carer volunteer to the Carers Centre last month and we are very excited about working with many more.

We have begun making links across the city with agencies who work with young people. These include the universities, Sheffield College and Sheffield Futures. We are very keen to work with other agencies who might be able to support carers or refer them to us. We really want to improve the life chances of young adult carers in whatever way we can. Statistics show that young adults who are carers are twice as likely to not be in education, employment, or training (NEET) than someone without caring

responsibilities, and that over half the carers in college or university are struggling because of their caring role. Many feel they just can't continue and drop out of their courses.

We are sure you can appreciate how difficult and isolating it might be for a young person who hasn't found their own independent life yet to be a full time carer. You can help us get more young people to be aware of Sheffield Carers Centre by telling them about our work. It may be that someone in your house shares the caring responsibilities, even if they don't get Carers Allowance, our



*Julia hanging a piece of art made in one of our workshops*

service can still happily support them as we know that caring can take its toll on a whole family.

Since August our YAC programme has run workshops on independent living, budgeting, job finding, how to present



*A selection of artwork based on the Hasma Hand or the Hand of Fatima*

yourself for work as well as creative workshops at the Art House and numerous social activities. We ran a 'Carers Rights' information, quiz and pizza night on 24 November and are looking forward to our not-so-traditional 'pizza Christmas' group outing on 12 December.

Please do get in touch if you'd like to know more about our young adult carers programme, whether you are an individual or an organisation that works with young adults. If you are a young adult carer you could join our mailing list and private Facebook group where you will also get support from other young adult carers in Sheffield. Please call Julia McNally our Young Adult Carer Worker on 0114 278 8942 or email [julia@sheffieldcarers.org.uk](mailto:julia@sheffieldcarers.org.uk) for more information. We look forward to hearing from you!

## Carers Circles

**The Carers Circles project, based at Sheffield Mencap and Gateway, is for anyone who is aged 50+ and caring for someone with a learning disability, whether at home or elsewhere.**

Many people who have been caring for a long time have said they can feel isolated in their role as a carer; they may have less opportunity to do what they want, when they want.

Carers Circles aims to support people to find creative ways to become less isolated and find ways of overcoming some of the barriers that may be

preventing them from doing things for themselves.

The Carers Circles workers, Louise and Stephen, are happy to hear from anyone who is interested in finding out more. They will talk with you to explore your interests, your options, and ways of supporting you to make more connections with others.

If you are interested in finding out more, please contact Louise or Stephen on 0114 275 8879 or email [scpoffice@sheffieldmencap.org.uk](mailto:scpoffice@sheffieldmencap.org.uk). Stephen's role is particularly aimed at supporting male carers.

Carers Circles is part of Age Better in Sheffield which aims to empower people aged 50+ across the city to reduce their loneliness and isolation. For more information about the range of support and activities available please visit [www.agebettersheff.co.uk](http://www.agebettersheff.co.uk) or call 0114 290 0250



LOTTERY FUNDED

# A-Z of Health



For our second venture into the health alphabet we are looking at **B for blood pressure**.

As always, all the information we provide in this series will be taken from the NHS Choices Health A-Z which contains far more information if you want to find out more.

This article is for general information only and you should always seek assistance from a health professional if you need advice or further information about your own health and wellbeing.

## What is blood pressure?

Blood pressure is the term used to describe the strength with which your blood pushes on the sides of your arteries as it's pumped around your body by your heart. Your blood pressure can be measured very easily, for example at your local GP surgery or some pharmacies. The NHS recommends that adults over 40 years of age have a blood pressure check at least every 5 years. This is a really simple, quick test and it could save your life.

## I have no symptoms so do I need to have my blood pressure checked?

**Yes you do** - Most people will have no obvious signs or symptoms if there are problems with their blood pressure, so the only way to find out if blood pressure is too high or too low, so it is really important to have it checked.

If a person has undetected high blood pressure, this can cause strain on arteries and organs and that can increase the risk of stroke or heart problems. If detected early, the risk of these problems can be reduced once raised blood pressure is controlled.

Low blood pressure isn't usually as serious, though some people may feel

dizzy or faint.

## When should I get my blood pressure tested?

It's recommended by the NHS that all adults over 40 years of age have their blood pressure tested at least every five years so any potential problems can be detected early.

Carers often find it very difficult to find time to care for their own health, maybe putting off things like routine blood pressure checks because of all the other demands on time and energy. It is important though to try and find the time for this quick simple test that can make a huge difference to keeping well and healthy into the future.

You can ask for a blood pressure test if you're worried about your blood pressure at any point. There are a number of places where you can go, including:

- your local GP surgery, it doesn't have to be your GP - the Practice Nurse or Healthcare Assistant can check your blood pressure
- some pharmacies
- some workplaces
- NHS Health Check appointment offered to adults in England aged 40 -74 (ask about this at your surgery)

## What do the numbers mean?

Blood pressure is measured in millimeters of mercury (mmHg) and is given as two figures:

- **systolic pressure** – the pressure when your heart pushes blood out
- **diastolic pressure** – the pressure when your heart rests between beats

For example, if your blood pressure is "140 over 90" or 140/90mmHg, it means you have a systolic pressure of

140mmHg and a diastolic pressure of 90mmHg.

As a general guide:

- **normal blood pressure** is considered to be between 90/60mmHg and 120/80mmHg
- **high blood pressure** is considered to be 140/90mmHg or higher
- **low blood pressure** is considered to be 90/60mmHg or lower

A blood pressure reading between 120/80mmHg and 140/90mmHg could mean you're at risk of developing high blood pressure if you don't take steps to keep your blood pressure under control.

## How can blood pressure be controlled?

If your blood pressure is found to be too high, your GP or the healthcare professional performing the test can advise you about ways to control it.

You may be advised to:

- adopt a healthy, balanced diet and restrict your salt intake
- get regular exercise
- cut down on alcohol
- lose weight
- stop smoking
- Sometimes medication is prescribed

If you've already been diagnosed with high or low blood pressure, or you're at a particularly high risk of these problems, you may need to have more frequent tests to monitor your blood pressure.

Read more about blood pressure and a host of other health related information at: <http://www.nhs.uk/conditions/blood-pressure-test/Pages/Introduction.aspx>

## Let's Talk About...

Look out for a 'Let's Talk About...' session at a venue near you!

We are covering topics such as:

- **Gadgets** - how the latest technology can help you to care.
- **Your Pharmacy** - How to get the most from your pharmacy and how to use the minor ailments scheme.
- **'Food and Mood'** - learn how what you

eat can affect your mood and wellbeing.

- **Preparing for Winter** - Tips on how to be more energy efficient and how to get the best deal from your energy supplier.

We would be happy to hear from you if you have any other ideas for interesting topics.

Each session is complemented by tea and cake and a relaxation session.

Sessions are normally held at the Manor, Darnall, Lowedges and Manor Groups (see P6 for dates) but you do not need to be a regular attendee at these groups to come along. Please check our website for up to date details of these sessions or ring Jan Outram on 0114 278 8942 or email [jan@sheffieldcarers.org.uk](mailto:jan@sheffieldcarers.org.uk)

# Carers Quilt

At last our Carers Quilt is finished, and it is fabulous!!

Over fifty carers and former carers each contributed a square which represented their caring situation. We are immensely grateful to Sue Chantler, one of our volunteers, for putting it all together for us, taking on the mammoth task of single-handedly turning these squares into a stunning quilt, which we will display as a wall-hanging at the Carers Centre.

The unveiling of the quilt took place at our AGM on 2nd December, after which it was put on display at the Christmas Carers Café to be further admired. The quilt has now taken pride of place on the Carers Centre meeting room wall.

Behind every square is a story, with each image representing something meaningful about caring to the person who made it. Maybe representing lovely holiday memories, the joy of moments to relax with a cup of tea, many hearts



Emma, Sue and Julia working on the quilt

representing the love between the carer and the person they care for – it represents a really positive message about caring. We hope to make the stories available soon so more people can benefit from reading the messages behind the quilt.

We have been hugely impressed and touched by the time given and the skill shown by those carers who have played a part in creating this wonderful piece of art.

**Thank you to all who contributed!**

## Changes to our carers support groups

**As many carers are aware, we run a number of support groups across Sheffield providing peer support for carers and a social event.**

The support groups are entering a new phase from January with the goal of reaching more carers, involving members with local activities and taking the opportunity the groups provide to take valuable information out to carers, using our 'Let's Talk About' approach.

So how will the groups change? One of the most significant changes is that the groups will be run by volunteers and the group members themselves, rather than by our Development Worker, Jan Outram. This will mean that Jan can work more widely, reaching more carers across the community, also reaching other professionals to increase awareness of carers and working with more community groups to facilitate increased support and activities for carers in the city.

This will allow us to focus on reaching more carers, in the knowledge that the groups can continue with the support of volunteers who can maintain the important value of these groups for social contact, tea and cake!

The other change will be that we will

focus more on going out to community groups, taking valuable information for carers, for example our 'Let's Talk About...' sessions (see page 7) which have proved to be very useful and enjoyable for carers and we are planning to run them in Darnall, Manor, Lowedges and Woodhouse in the new year with further sessions planned on topics requested by carers themselves.

Carers will still be able to attend the groups, please contact Jan on 0114 278 8942 or email [jan@sheffieldcarers.org.uk](mailto:jan@sheffieldcarers.org.uk) for more details.

Carers are, as always, very welcome to attend our Carers Cafes on the second Friday of each month at the Central United Reformed Church on Norfolk Street, from 10am to 12 noon.

### Dates for 2017

**Manor Carers Group** - Manor Library, Manor Top.  
Wednesdays 4 Jan, 1 Feb, 1 March, 5 Apr 10.30 -12.00 noon

**Lowedges Carers Group** - Terminus Café, Lowedges Road  
Tuesdays 10 Jan, 14 Feb, 14 Mar, 11 Apr 10.30 -12.00 noon

**Darnall Carers Group** at Church of Christ, Station Road, Darnall

Tuesdays 24 Jan, 28 Feb, 28 Mar, 25 Apr 10.30-12.00 noon

**North Sheffield Carers Group** - Ecclesfield Support Unit on Wordsworth Avenue  
Wednesdays 11 Jan, 8 Feb, 8 Mar, 12 Apr 7.00–9.00 pm

**Woodhouse Carers Group**  
Salvation Army Hall, Tannery Street  
Wednesdays 11 Jan, 8 Feb, 8 Mar, 12 Apr 10.30–12.00 noon

**Stocksbridge Carers Group**  
Please contact Jan on 0114 278 8942 for latest information.

**Carers Café** - Central United Reform Church, Norfolk St, S1  
Fridays 13 Jan, 10 Feb, 10 Mar, 7 Apr (Please note that this date is the first Friday in the month) 10.00–12.00 noon

**Mental Health Carers Support Group**  
Sheffield Carers Centre, Concept House, 5 Young St, S1  
Thursdays 19 Jan, 16 Feb, 16 Mar, 13 Apr 10.30–12 noon

Please note that the **Sheffield 6** group is not currently meeting. For information about groups run by Roshni, PACA and Maan, please contact those organisations directly.



# Have you had your flu jab yet?

## Winter is now upon us and with this arrives the increased risk of flu.

If you are caring for someone who is dependent on you, you probably worry about what will happen if you are ill yourself, or about the risk of passing on your illness to the person you care for. It is therefore worth contacting your GP surgery and asking for a flu jab to protect both yourself, and the person you care for.

You can catch flu – short for influenza – all year round, but it's especially common in winter, which is why it's also sometimes known as "seasonal flu". Flu can be a really unpleasant illness, it is not the same as a bad cold and is caused by a different group of viruses.

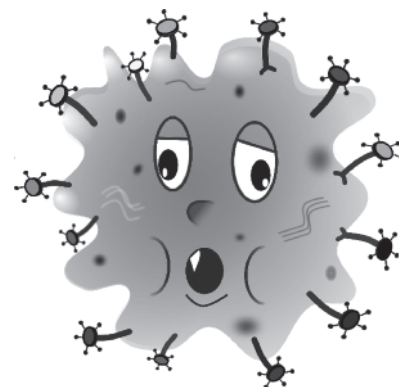
Contrary to popular myth, there is nothing in the flu jab to make you feel ill, studies have shown that the flu jab does work and will help prevent you getting the flu. It

won't stop all flu viruses and the level of protection may vary between people, so it's not a 100% guarantee that you'll be flu-free, but if you do get flu after vaccination it's likely to be milder and shorter-lived than it would otherwise have been.

All carers are encouraged to visit their GP to have a free flu jab to reduce the risk to their own health - as well as the health of the person they care for

A carer has described the need best: *"I've never felt so ill in my life. And as a carer for my Dad, I just can't afford to let it happen again. In the past, I'd always made sure Dad got his flu jab but I'd never considered how important it was for me to have one too. I guess I've learned the hard way."*

Remember also that the Carers Centre can help you to plan for how care can continue should anything unexpected happen to prevent you from looking after



the person you care for, like illness. Contact us or have a look at our website if you would like to find out more about our 'In Safe Hands' service.

To find out more about the flu jab, visit the NHS Choices website:

<http://www.nhs.uk/Conditions/vaccinations/Pages/flu-influenza-vaccine.aspx> or speak to your local pharmacist, Practice Nurse or GP.

## Time for Me Short Break Fund

As you know the Time for Me short break grant is currently suspended because the money in the fund has now all been allocated. Now we know that we have been successful in our bid for the new contract, we know that we can start planning for re-introducing the grant in the future, as it will be funded again.

The scheme will be relaunched a little later in 2017, probably in April, and there will be some changes to how it works and who will be eligible for a grant. We will be aiming to ensure that as many carers as possible who are in need of a break can benefit from this and other means of support to help them access a break.

Please look out for further updates on this in our next Newsletter and on our website.

## Don't be scammed!

### Remember these 10 golden rules to help you beat the scammers!

- 1 Be suspicious of all the 'too good to be true' offers and deals. There are no guaranteed get-rich-quick schemes.
- 2 Do not agree to offers or deals immediately, Insist on time to obtain independent/legal advice before making a decision.
- 3 Don not hand over money or sign anything until you have checked the credentials of the company or individual
- 4 Never send money to anyone you do not know or trust, whether in the UK or abroad, or use methods of payment that you are not comfortable with.
- 5 Always log on to a website directly rather than clicking on links provided in an email
- 7 Do no rely solely on glowing testimonials: find solid independent evidence of a company's success
- 8 Always get independent or legal advice if an offer involves money, time or commitment.
- 8 Never give banking or personal details to anyone you do not know or trust. This information is valuable, so make sure you protect it
- 9 If you spot a scam or have been scammed, report it and get help. Contact ActionFraud on 0300 123 2040 or online at [www.actionfraud.police.uk](http://www.actionfraud.police.uk). Contact the Police if the suspect is known or still in the area
- 10 Do not be embarrassed to report a scam. Because the scammers are cunning and clever there is no shame in being deceived. By reporting, you will make it more difficult for them to deceive others.

This information is from a booklet called The Little Book of Big Scams published by the Metropolitan Police. You can download a copy from [http://www.met.police.uk/docs/little\\_book\\_scam.pdf](http://www.met.police.uk/docs/little_book_scam.pdf) or ask us to send you one – please ring us on 0114 278 8942.

# Carer Expert Panel

## Are you interested in influencing the future of the Carers Centre and helping shape our services?

Now we have received the great news that we will be continuing to deliver services for carers in the coming years, we are planning how we will ensure that carers are fully involved in all our plans, and have a direct role in how we deliver the best possible service for carers.

One of the things we intend to do is to establish a Carers Expert Panel. This will be a group of people whose expertise is caring and who are able to give some time to the Carers Centre - probably coming to a meeting at the Carers Centre

three or four times a year; though we will also develop other opportunities for you to contribute. The Panel will have a direct link with our Board of Trustees and will be instrumental in helping shape our future. We will offer support to carers who want to get involved, particularly while it is all very new.

We will consult the panel to seek opinions and advice as we develop our services, and the group will be actively involved in our co-production activities. We're looking for carers with a broad range of experience and from all walks of life – whether you are new to caring or have been doing so for a long time, whether the person you care for is a

parent, sibling, partner or friend.

If you are interested in finding out more about this voluntary role, please give us a call or email us and we will send you a form to complete to express your interest.

Carers who submit a form will then be invited along to the Carers Centre to discuss this in more detail, and so you can tell us more about what you have to offer to this panel. We would love to hear from you.

Please contact Hilary Fawcett, Carer Services Manager on: 0114 278 8942 or email: [office@sheffieldcarers.org.uk](mailto:office@sheffieldcarers.org.uk)

# New carer resources from Sheffield Health and Social Care Trust

## A new set of resources is now available for carers who support someone who experiences mental health difficulties.

Sheffield Health and Social Care Trust worked closely with Sheffield Carers Centre, Sheffield Young Carers and the Children and Young People's Empowerment Project (Chilypep) to jointly produce a range of leaflets and booklets which cover a variety of mental health topics such as confidentiality, hospital admissions and managing crisis situations. A Carers Charter has also been produced which sets out the standards the Trust hopes to follow when working with and supporting carers of people with mental health difficulties.

Pam Allen, who is leading on the Carers Strategy for the Trust, said "We hope these leaflets and booklet will be a useful and informative resource for carers and young carers who often play an essential role in helping and supporting family members and friends who use mental health services.

*"Carers and young carers are often the ones who know best what their family members need and are a vital part of that person's care.*



Carers helping to develop the new resources

*"We also hope the resources empower carers and help staff improve the experience that carers and young carers have of our service so that they in turn feel better supported and involved."*

The resource pack, along with other helpful information and links, is now available from:

<http://shsc.nhs.uk/need-help/help-for-carers-and-relatives/carers-resources/>

# Ask a Carer Support Worker!

Our Carers Support and Information workers answer dozens of questions from carers every week. We thought it might be useful to share a typical question which may affect many carers.

**Question:** *I care for my wife who has dementia and really need a break. I'm not sure how to go about arranging this and I have heard that I may be entitled to help with respite care. What is this and how would I go about accessing it?*  
David

## A Carer Support & Information Worker replies:

Dear David, being a carer can be both physically and emotionally demanding and it is essential that you look after your own health in addition to the welfare of the person you are caring for.

Respite care is a term used for temporary care intended to give you, the regular carer, a break. It gives you the opportunity to take a very important rest. The term 'respite' is often used to refer to a few different types of support.

Respite care could mean a 'sitting service' each week, maybe for a few hours one morning. This might give you chance to meet up with a friend or to run some errands, whilst knowing she is supported on a 1:1 basis. It could also refer to a day service - many people routinely go to a residential home or a day centre for the day, once or twice a week. There is the opportunity to play games, or try some painting or simple gardening, as well as having lunch. There are various options for each of these,

and it may be worth discussing this with a Support and Information Worker over the phone (contact details are enclosed at the end of this article).

The third type of respite care is when your wife might spend a week or so in a care home, to enable you to have some time to yourself.

In the latter example, there are a few ways to approach organising respite, and this tends to be dependent on your wife's finances.

If you are unable to fund the respite care, a question to consider is whether your wife has less than £23,250 in savings. If that is the case, Adult Social Care might be in a position to help fund cover the costs. The amount that is funded will be dependent on how much below the £23,250 threshold your wife's savings are. This is worked out after an assessment carried out by a social worker who would decide whether respite or other possible types of support might be suitable.

Please be aware that even if Adult Social Care offer to cover the full cost of respite, there is a basic standing charge which everyone pays for respite, of roughly £161 per week. If your wife does have more than £23,250 in savings, then it would be considered that she was able to fund the cost of respite care herself. In this scenario, it is possible to simply contact care homes to see if they offer respite and to pay for it direct to them. It's useful to be aware that a lot of places are unable to take respite places

and only offer permanent beds; some places who can offer respite also aren't able to take advance bookings and prefer to be booked 3-4 weeks in advance.

Consider your wife's specific needs when deciding what kind of home to contact. For example, does she need nursing care (such as being PEG fed) or does she need personal care, such as help with meals, or going to the toilet? Some people with severe dementia may need specialist EMI care and some homes are in a better position to support this.

Even if you are funding the full cost of the respite, your wife could still be entitled to an assessment which can be a useful process as it can generate new ideas for ongoing support. You are also, as her carer, entitled to a Carer's Assessment too. This would enable the social worker to see the impact of your caring role on you and they may be able to offer additional support you in this. If you want to look into either of these options, you should contact the Adult Social Care Access Team on 0114 273 4908.

We understand that accessing respite care can be very complicated; there are many kinds of respite care and everyone's situation is different. If you would like to discuss this and talk through the options with a member of our Carer Support & Information Team (Dalia, Hilary, James, Kirsty, Rosie and Saira) please give us a call on 0114 272 8362. We are open Monday to Friday and we will be very happy to talk this through.

## Deprivation of Assets

### Balancing finances as a carer can be challenging and confusing, particularly when starting to look into residential care.

Depending on circumstances, there may come a point when you ask Adult Social Care (Social Services) to pay for, or contribute to, the cost of permanent residential care.

Something you should be aware of is what the Council can call 'deprivation of assets'. This is where you, as the person looking after the cared-for person's financial affairs, may give away some of their money away (perhaps to a family

member) or spent a large amount on an expensive item such as a holiday, or a new car). The Council may interpret such a gift or expenditure as deliberately depriving the person you care for of money in order to be entitled to claim the cost of carer from them.

Currently anyone with £23,250 or less in savings (excluding any property) is entitled to help with care costs, but if the Council finds that the person you care for has incurred a large expense such as those above within the last 7 years or so, and if it was foreseeable that they might need support from Adult Social Care within those 7 years, then the Council

may assess that person's financial means as if they still had that money.

You can find more detail about deprivation of assets on Full details, including timescales, and examples can be found in the following factsheet, produced by Age UK.

<http://www.ageuk.org.uk/home-and-care/care-homes/deprivation-of-assets-in-the-means-test-for-care-home-provision/>

For further advice on this, or to understand better how it works in Sheffield, please contact the Carer Support and Information Line on 0114 272 8362.

# Carers show off their handiwork

Four Sheffield carers were recently invited to take part in a blacksmithing workshop at the Sheffield Industrial Museums Trust (SIMT) at Abbeydale Industrial Hamlet.

The carers were able to learn some basic blacksmithing skills and take home an object they had made.

The four carers thoroughly enjoyed themselves! We are very grateful to Nell Farrell at the SIMT for inviting the Carers Centre to nominate some carers to participate in this course.



Carers admire their handiwork

## New relationships resource

Carers Trust, the national charity, has developed a new online resource for anyone looking after a partner, relative or neighbour including sections on the challenges of caring for your lover, and the

art of healthy arguing.

To view the resource, please go to:  
<http://relationships.carers.org/>



### How to get in touch with Carers in Sheffield:

#### Carers Support and Information

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 20 January 2017**

### CiS Partnership



Carers in Sheffield is a partnership of local voluntary organisations providing information and support to adult carers of adults in Sheffield. Organisations who are part of Carers in Sheffield include: Sheffield Carers Centre, Sheffield Mencap and Gateway (the Sharing Caring Project), Sheffield Mind, Roshni, Pakistan Advice and Community Association, Maan (Somali Mental Health).

*Opinions, products or services featured in this newsletter are not necessarily endorsed by Carers in Sheffield.*

*This Newsletter is produced by Sheffield Carers Centre (registered charity no. 1041250) on behalf of the Carers in Sheffield partnership.*