



Welcome to our first Sheffield Carers Centre e-Bulletin! We have launched this to keep carers up to date with the latest news, activities and services. You will receive the e-bulletin in addition to our regular Newsletter, and we hope it will help carers be more connected and enable us to communicate with carers most effectively. We hope you find it useful and would welcome any feedback you have about the e-bulletin. For more up to date information on activities and news, follow us on [Facebook](#) and [Twitter](#).

To unsubscribe from the e-Bulletin, please click the link at the bottom. If you no longer require any of the services of Sheffield Carers Centre, please email office@sheffieldcarers.org.uk.

As always, if you need advice, information or support please call our Carer Advice Line on 0114 272 8362 or email support@sheffieldcarers.org.uk

UPCOMING EVENTS

Free workshop: *Raising the Voice of Carers* - campaigning for carers

Thursday 7 February, 10:30 - 2:30 at Sheffield Carers Centre and delivered by the Carers Trust. Booking essential. Email: office@sheffieldcarers.org.uk

****Free lunch is provided, as is travel expenses and money towards the cost of covering your caring role.****



Raising the Voice of Carers - Campaigning Workshop for Carers

**Thursday 7 February 10:30 - 2:30,
Sheffield Carers Centre**

Do you want to get your voice heard on the issues that matter to you?

A half-day workshop delivered by the Carers Trust to help you campaign to bring about change. We know you're busy and campaigning might seem daunting, but this half-day workshop will give you the skills to campaign - whatever your previous experience and no matter how little time you've got!

The workshop will bring carers together and provide an opportunity to consider any shared issues, as well as those that matter to you. The session will also set out what rights you have under the Care Act to make sure you can speak up if they are not being fulfilled.

This free Workshop will cover:

- **What carers are entitled to under the Care Act**
- **How to plan a campaign**
- **How to influence local decision makers**
- **How to use the traditional and social media**

Lunch is provided and travel expenses will be covered for carers.

Please note: Carers Trust will also cover reasonable expenses for the cost of any care cover that carers need to put in place to attend the workshop as long as a receipt is provided.

Free but booking is essential:

office@sheffieldcarers.org.uk or call 0114 272 8362

New hospital project launched

We are delighted to inform you about a new and exciting project starting this year. Working with a range of partners from health and social care sectors, the project aims to reduce avoidable delays to hospital discharge, enabling patients to return to their home as soon as they are well enough. We will be working with the Sheffield Teaching Hospitals team, preparing patients and their carers for discharge home and providing ongoing support once the patient is home. [Read more here](#)

New 'Be Cancer Safe' campaign encourages people to take up cancer screening and to recognise the signs and symptoms of the most common cancers.

We are focused on carers, as they often put other people's health above their own and many do not take up screening opportunities. We are running sessions on the issue and encouraging carers to spread simple messages *as 'Be Cancer Safe Champions' to help increase awareness about Bowel, Breast, Cervical, Lung and Prostate cancers.*

Sheffield Carers Centre is working with other organisations as part of 'Be Cancer Safe'. The campaign in our region has a [Facebook group](#) - which everyone is welcome to join!



New weekly cafe launched in Heeley/Gleadless

CafeCare is aimed primarily at helping with social isolation by offering friendship and support. Simple food will be available at cost and there will

be games and newspapers, as well as job club once a month and signposting to other organisations who offer support.



CaféCare

Opening 22 January 2019

**Tuesday mornings
11.00am - 1.30pm**

at

**Heeley Parish Church Hall
151 Gleadless Road
Sheffield S2 3AE
Tel: 0114 255 7718**

Time Builders' Credits accepted

The building is accessible
for those with a disability.

**A new 'Not for Profit'
Community Café**

at

Heeley Parish Church Hall

A place of acceptance and equality

Offering:

- **A warm and friendly welcome**
- **Hot and cold drinks**
- **Cakes and biscuits**
- **Homemade soup and bread**
- **Activities**
- **A non-judgemental listening ear**
- **Friendship**
- **Job Club 1st week in month**