



Carers e-Bulletin, Issue 2

Welcome to our Sheffield Carers Centre e-Bulletin! We hope this helps 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 or send a reply. 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

Mental Health First Aid

Sheffield Carers Centre is hosting a two-day training course on 8 & 9 April to help carers recognise the signs and symptoms of mental illness. Participants need to sign up for both days (10am - 4pm). To book please email office@sheffieldcarers.org.uk. The training will be at the Carers Centre, Concept House, 5 Young Street S1 4UP and is provided by Sheffield City Council.

Regular free training sessions for carers from Niche Care Ltd

Niche Care Ltd provides a home care service and day care for adults. They have an ongoing training programme for their paid care workers, and have offered free training places for any carers who would like to join in the session with their care staff.

The regular sessions are:

Mondays - Health and safety, Basic Life Support and Infection Prevention and control

Tuesdays - Fluids and nutrition, Mental Health conditions, Pressure sores, Incontinence and moisture

Wednesdays - Medication

Thursdays - First Aid and Moving and Handling
They also provide occasional End of Life and Dementia training.

You can also do the full Care Certificate with them which takes about 4 days.

Sessions take place at 1 Phoenix Riverside, Sheffield Road, Rotherham (along the road from Magna). If you'd like to book a place or find out more, contact Francesca Barnes or Diane Chambers 01709 794144 or francesca.barnes@nichecare.co.uk

Age UK Sheffield's Tickety Boo Cafes

Next two Wednesday afternoons at Dore Old School, Savage Lane S17 3GW; it looks like a really nice event! For more information call 0114 250 2850.



HOW TICKETY BOO ARE YOU?

COME TO OUR TICKETY BOO CAFES

These FREE social sessions with tea/coffee/juice and some cake/fruit/veg snacks, will be a chance to get advice & information about keeping well, preventing illness and enjoying later life!

Talk to us about how you're getting on and what Age UK Sheffield could help you with. We have now scheduled specific sessions so pick the one or more you'd like to attend and come along! We look forward to seeing you there. Everyone of any age welcome.

Date	Time	Subject	Location
6th March	2pm—4pm	Dementia Awareness	Dore Old School
13th March	2pm—4pm	Carers Centre	Dore Old School
20th March	2pm—4pm	Exercise session with Community Wellness Services	Dore Old School
27th March	2pm—4pm	Drink Wise Age Well	Dore Old School

For further information please contact Age UK Sheffield on
(0114) 0114 250 2850

Online Dementia Course

Future Learn is part of Newcastle University and provides courses online. We thought this particular free course might be useful to help carers of people with dementia prepare for the future. Follow this link and click 'Join'. The course is free, you just need to enter some basic details:

<https://www.futurelearn.com/courses/comfort-care>

How can health and social care staff best understand the needs of people with a learning disability and autism? Government consultation - closes 12 April.

The government wants to know how it can make sure that health and social care staff have the right training to understand the needs of people with a learning disability and autism, and make reasonable adjustments to support them. [Click here to contribute your views to the Government's consultation](#)

Care Quality Commission's national year-long campaign aims to encourage people to speak up about their care.

Find out more about how to raise concerns about the quality of the care for the person you look after, by [clicking here](#).

From the CQC's Newsletter: "According to new research, almost 7 million people who used health and social care over the past 5 years didn't raise concerns they had about their care. Most of these people say they now regret not doing so. But the majority of people who did raise a concern say they were happy with the outcome and found their issue was resolved quickly. Raising concerns also helped services to improve. In March, we're focusing on people with long-term conditions."