



### **Carers e-Bulletin Issue 3**

**Welcome to our Sheffield Carers Centre e-Bulletin!** We hope this helps keep you up to date with the latest news, activities and service information.

**This month** we're highlighting the work we're doing with GPs and medical centres to help identify and support carers. Plus we've got an important role for volunteers at the Carers Centre, as well as details of our monthly Carers Cafe (Friday 12th April and next one on Friday 10th May). We're also excited to bring you the latest discounts/offers available through our [Carer Card](#)

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 this e-Bulletin useful and would welcome any feedback you have. For more up to date information on activities and news plus new offers through the Carer Card, 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](mailto: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](mailto:support@sheffieldcarers.org.uk)

**We want to make carers aware of ways to get their voice heard by local decision-makers, so if you haven't already completed [Sheffield City Council's Customer Survey 2019](#), you can do so before Tuesday 16 April.**

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#### **Supporting GP practices to help carers**

We've been speaking to GPs and medical centre staff in surgeries across Sheffield - including Handsworth, Walkley and Norwood - to find out how they work with carers (people who are their patients and/or who care for their patients). We discussed different ways that medical centres can encourage carers to come forward and get support, and how our services

can complement the help they provide.

One thing is clear: not all GP practices have our leaflets or poster up to let carers know we're here for them. **If you go to your local surgery and they don't have our information, please click 'Reply' to this email, let us know and we'll send material out to them!**

### **WANTED! Volunteers for our Community Connect service**

This service aims to reduce social isolation and re-connect carers with their community. This would involve volunteers speaking to a carer on a regular basis and looking at what local groups and activities they might want to become involved with.

**- Can you spare 2-3 hours a week or fortnight?** If you can listen to carers in a non-judgemental way, are a good communicator, and can work as part of a team - get in touch! You'll receive training for the role, as well as gaining valuable transferable skills and building your confidence and experience, whilst providing vital support for carers. Contact Scott Liddle by email [volunteers@sheffieldcarers.org.uk](mailto:volunteers@sheffieldcarers.org.uk) or on 0114 272 8362.

### **Carers Cafe**

Friday 12 April 10am -12noon is our next Cafe and will involve an Easter raffle and a talk from Jan about the Be Cancer Safe campaign, which encourages carers to recognise symptoms and signs of cancers and access screening. The Cafe is at Central United Reformed Church, Norfolk Street, Sheffield. The next one will be on Friday 10 May, at the same time and venue.

## **Carers Café**

### **What's on at the Cafe?**

**Friday 12 April** Be Cancer SAFE workshops.  
Learn about the importance of screening and looking for signs and symptoms.

**\*Free Easter raffle!\***

**Friday 10 May** Design a poster for Carers Week  
To raise awareness of caring in Sheffield, we're making posters to display in your local area (templates provided)

**An opportunity to meet with other carers and Sheffield Carers Centre staff/volunteers to talk about shared experiences, as well as to get a break from caring.**

**You are welcome to bring along the person you care for to this event.**

  
**carerstrust**  
**Sheffield Carers Centre**  
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For support or information:  
0114 272 8362  
[www.sheffieldcarers.org.uk](http://www.sheffieldcarers.org.uk)



**Upstairs in Central United  
Reformed Church Norfolk Street**  
**10am-12noon**

**No need to book, just drop in**

### **Carer Card**

Here are the latest offers from businesses who have recently signed up to

the Carer Card. These are available now to unpaid carers and are a gesture from local companies to carers for their amazing contribution to the city. Check out our full listing of offers and more information about the Carer Card [here](#)

- 50% discount off pizza (Tues, Weds, Thur) at Sfinx Restaurant, 539 Attercliffe Road, Sheffield S9 3RA. Call 0114 244 3123 or visit [www.sfinxrestaurant.co.uk](http://www.sfinxrestaurant.co.uk)
- 30% discount off tickets for performances at [Theatre Deli](#) 202 Eyre Street, Sheffield S1 4QZ