

Welcome to the August issue of Sheffield Carers Centre's *Carers e-Bulletin!*

This month we have good news about a **new local carers group** in South West Sheffield and great **Carer Card offers** (and a request for your help to evaluate the card). Plus there's a link to access an **online resource from Carers UK** that could help manage some of the health, well-being, financial and social issues that affect carers.

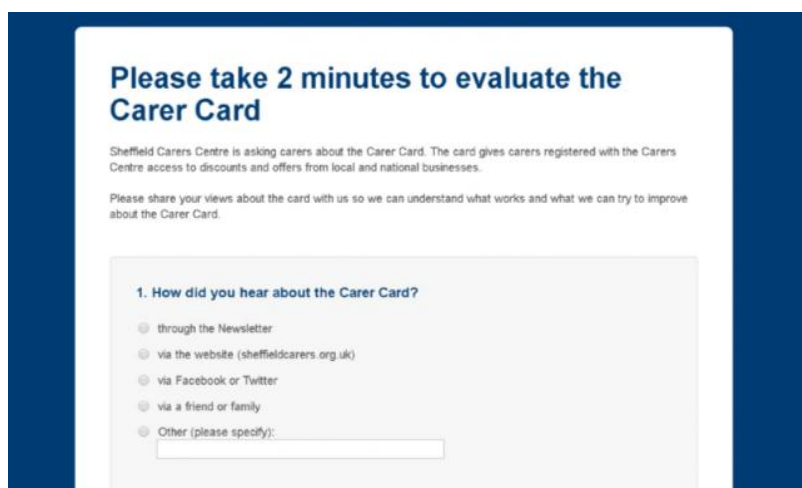
We also want to remind carers to 'save the date' for the next review of **Sheffield's Adult Carer Action Plan on 30 October** - for more information email: carers@sheffield.gov.uk

New carers group launching in Dore & Totley!

If you look after someone and live in the Dore and Totley area, you may be interested in a new carers support group/coffee morning which is due to start shortly at the Totley United Reformed Church. Details have yet to be finalised but keep an eye on our [website](#) and on our [Facebook page](#) for details or email jan@sheffieldcarers.org.uk

Great new Carer Card offers

Can we just ask what you think of the Carer Card? Please help us learn what carers think of the Carer Card by taking 2 minutes to complete our [short evaluation survey here](#).



Please take 2 minutes to evaluate the Carer Card

Sheffield Carers Centre is asking carers about the Carer Card. The card gives carers registered with the Carers Centre access to discounts and offers from local and national businesses.

Please share your views about the card with us so we can understand what works and what we can try to improve about the Carer Card.

1. How did you hear about the Carer Card?

- through the Newsletter
- via the website (sheffieldcarers.org.uk)
- via Facebook or Twitter
- via a friend or family
- Other (please specify):

Starbucks and AMT Coffee

If you or the person you care for attends either Sheffield's Northern General or Royal Hallamshire hospitals, we now have two great deals to help make your visit a little bit more pleasant. Carer Card holders can now get a discount on delicious drinks from Starbucks and AMT Coffee outlets at both hospitals. [Details of this and all the great Carer Card details are available here.](#)

Sheffield Yoga Centre

Whatever your level of experience, find some peace, relaxation and exercise through a great new offer of 25% off at Sheffield Yoga Centre. You can claim the discount when purchasing access to drop-in class or when booking a block of yoga classes. [Find out more here](#)

[There's also loads of great summer and school holiday discounts and offers still available for carers!](#)

Digital Resources for Carers

Sheffield City Council have purchased an online package of information, e-learning and guidance which is available for all local carers. Produced by Carers UK, the resources cover a variety of topics from helping carers with their health and well-being, to financial planning and the use of technology in a caring role. To access the Digital Resources for Carers, just follow these simple steps:

1. Click on this link: <https://carersdigital.org/login/index.php>
2. Click the 'Create new account' button.
3. Enter your email address and create a password
4. Enter the membership code: **DGTL9764**



As always, if you need advice, information or support please contact Sheffield Carers Centre. Our Carer Advice Line (9am - 6pm, Monday-Friday) 0114 272 8362 or email support@sheffieldcarers.org.uk

If you no longer wish to receive our Newsletter or e-Bulletin and would like to us to take you off the city's carer register, please unsubscribe by clicking 'Reply' to this email and letting us know.