Carers Week 10 – 16 June

John Lewis celebrating Carers Week 2019

For Carers Week this year (10-16 June) we are excited to announce our collaboration with John Lewis Partnership in Sheffield. The iconic store is generously hosting a range of activities to celebrate the incredible contribution of carers to the city.

Across Carers Week in June, John Lewis will be offering a range of fun, creative and pampering activities for carers registered with the Carers Centre. On the ground floor, beauty treatments will be available including facials, hair styling, fragrance samples, hand massages and a make-up lesson. The beauty offers will be provided from some of the store’s big name brands. The list of offers and the counters at which they are being provided is available at www.sheffieldcarers.org.uk/carersweek or by calling Sheffield Carers Centre on 0114 272 8362.

In the Haberdashery department, there will be craft activities for carers to work together to create a fabric-based piece to celebrate Sheffield Carers Centre’s 25th anniversary.

For those looking to get out into the fresh air, the store’s café will provide a meeting point for a carers’ walk, as part of the ‘Move More’ project.

In addition to these great activities, John Lewis will highlight the support services we offer to carers to customers and staff – many of whom might well be carers themselves - by hosting our information stall.

To make the Carers Week celebrations easily accessible for carers, the store is kindly offering a limited number of free, single-use car parking permits that can be collected beforehand from Sheffield Carers Centre.

A massive thank you to John Lewis Partnership for recognising and celebrating carers this Carers Week!
Welcome and goodbye

Welcome to

Anna James has joined our reception and admin team, working on Mondays and Fridays. She has a wealth of relevant experience, and already her calm, friendly and organised approach is proving a huge asset to the team.

Saphina Munir is our new BME Carer Advisor and has been a parent carer of a disabled child for 20 years. Saphina has lots of experience navigating the benefits and support systems, and has contributed her insight to research projects as a service user and carer. Plus, she’s a keen photographer!

Ash is our current social work student, having started her placement in February. Ash is on the Applied Nursing (Learning Disability) and Social Work course, working towards a qualification in both professions. Her placement with us is “split” so she spends part of her week with us and part of it in a learning disability specialist placement. She will be with us until July working as part of the Carer Advisor Team.

Michael Atkins joined the Carer Advisor Team in March. Michael’s previous experience was within a Child and Adolescent Mental Health Service, working with children and families in crisis as an Art Therapist. We are very pleased to be able to add his experience and skills to our Carer Advisor Team.

Goodbye to

Lauren Poulton, our wonderful Social Work student who stepped up to be a temporary Carer Advisor, is sadly leaving us to join Sheffield City Council Children’s Services as a Children’s social worker. They’re very lucky!

Good Gym

In February, for our last Newsletter, a great bunch of volunteers from Good Gym helped us get our Newsletters ready to post out. In May, 2 runners from Good Gym visited a carer following a referral from one of our Carer Advisors in north Sheffield.

The project combines running with 3 types of activity: a regular visit to an older person who would benefit from some company, a group run to help out a charity or community organisation, or as in the visit to a carer in May, running to do a practical task at someone’s house.

Caroline Thomas, a regular runner with Good Gym said: “Kim and I went to sort out Mrs D’s stunning garden with an epic monkey tree at the end. She needed her pots emptying and filling with compost so she can fill them with flowers. We had some extra time to tidy up her archway and path then ripped up some stinging nettles before saying a warm goodbye.”

If you might benefit from a visit from Good Gym runners, speak to a Carer Advisor about a referral and find out more on their website: www.goodgym.org
What’s On: Carers Centre events

Carers Café
Come along to the Central United Reformed Church on Norfolk Street to meet other carers, volunteers and staff from the Carers Centre. You are very welcome to bring the person you care for to these events.

Friday 14 June
Friday 12 July
Friday 9 August (venue to be confirmed)
Friday 13 September
Time: 10am – 12 noon

Mental Health Hub
This group is aimed at carers of people with mental health problems. It meets at the Sheffield Carers Centre on the third Thursday of the month. It’s an ideal opportunity to meet others in the same situation, share experiences and receive support.

Thursday 20 June
Thursday 18 July
Thursday 15 August
Thursday 19 September
Time: 10:30am – 12 noon

Council and Carers Choir
There are no auditions, everyone is welcome! So if you ‘Don’t like Mondays’, why not give the Council and Carers Choir a try? It could become your favourite day of the week! It’s at the Moorfoot Building next to the Carers Centre.

When: Every Monday (except Bank Holidays)
Time: 12 noon – 1pm.

Carers Groups
See pages 22-23 for a full list of carers support groups that are running in Sheffield.

Help us save money... by getting more!

Did you know that every year we spend over £15,000 getting the Newsletter printed and posted out to carers in Sheffield? We are registering hundreds of new carers every month, and we need to make sure that we can sustain the communication of useful information to every single person we are in touch with.

We are encouraging everyone who can to receive the Newsletter electronically. It’s exactly the same great content, but is delivered by email and at least a week earlier!

The main benefit of this to carers is that if we can email you, you can also receive our Carers e-Bulletin every month which gives you more up to date news, service information and upcoming activities and events. This means you get more, while saving us money!

Please contact us and tell us you’ll help Sheffield Carers Centre.

Simply get in touch with your name and say you want to switch to Newsletter by email. You can do this by emailing office@sheffieldcarers.org.uk or calling 0114 272 8362.
Council Tax discount for those with severe mental impairment

It is not that well known that some people qualify for a discount in Council Tax if they have been medically certified as having a severe mental impairment (SMI).

This describes a condition that severely and permanently affects their intellectual and social functioning. If a person is certified as having an SMI by a doctor and is eligible for one of a number of benefits – such as Attendance Allowance, Incapacity Benefit, Employment and Support Allowance (ESA) or Universal Credit – they are exempt for Council Tax purposes.

If the person lives with one other adult (perhaps their carer) then they may be entitled to at least a 25% discount. Those living alone are entitled to a 100% discount, so they won’t pay any council tax at all.

Check with Sheffield City Council to see if you or the person you care for qualifies.

Call 0114 273 4567 or email council.tax@sheffield.gov.uk

We want to let carers know that there is now a partnership of organisations meeting regularly to look at the impact of Universal Credit as it is rolled out in Sheffield.

Universal Credit is the single benefit that will be paid monthly and will replace six “legacy” benefits, which include Income Support, Jobseekers Allowance, Employment and Support Allowance, Child Tax Credit, Working Tax Credit and Housing Benefit. The idea is to simplify the benefits system and to encourage people into work.

The local partnership has identified categories of people who are more vulnerable to negative impacts from the roll-out of Universal Credit. This includes carers, so we want to hear about the difficulties that carers may have with the new benefit.

We want to make sure that carers’ experiences of this process are heard by those reviewing the roll out of Universal Credit. If you’ve had, or are currently having, difficulties with Universal Credit please get in touch with us in one of the following ways:

- Email office@sheffieldcarers.org.uk and write ‘Universal Credit’ in the subject line
- Send a letter with your experiences to Sheffield Carers Centre, Concept House, 5 Young Street, Sheffield S1 4UP

If you are happy to be contacted for more details about what you have written, please say so on your email/letter.
In April, our CEO Pauline Kimantas and I joined other Sheffield residents to visit the Palace of Westminster at the invitation of Sheffield Central MP Paul Blomfield.

Paul is an active supporter of carers’ rights and is an Ambassador of Sheffield Carers Centre as well as a Patron of Sheffield Young Carers. During a meeting with Paul, several questions were raised about the future of social care and when the delayed Green Paper, on how social care is funded, will be published. Paul spoke passionately, and from personal experience, about social care and about his concerns that the paper was delayed. He promised to look into the delay and report back to us with an update on its progress as soon as possible.

There will be no prizes for guessing what was causing the delays in Parliament, though the Brexit debates certainly made for interesting viewing from the Public Gallery on the day. It was extremely interesting to visit Parliament, to see for myself the work MPs do and witness historic moments in our political history as they happen.

Paul Blomfield was elected in 2010 and besides ‘knocking on doors’, holding regular advice surgeries and coffee mornings to keep up to date with the issues concerning local people, Paul also arranges trips to visit Parliament twice a year. The trips give visitors the chance to see one of our country’s most well-known and beautiful buildings up close and watch Parliament in action from the public gallery. The day also includes a meeting with Paul so he can hear about the issues that are concerning people and answer any questions. After our meeting Pauline Kimantas said: “The meeting was a great way to catch up with Paul and talk about the work of the Carers Centre as well as his ongoing support for carers in Sheffield.”

If you would like to know more about Paul Blomfield MP, you can visit his website at www.paulblomfield.co.uk. Besides updates about his work, there is information there about how to visit one of his advice surgeries if you are a constituent, hold a coffee morning or apply to join one of the visits to Parliament.
I was privileged to be invited by the Carers Trust to an evening at the Mansion House in the City of London, hosted by the City of London Lord Mayor. It was attended by The Princess Royal who is President of the Carers Trust. The evening gave the opportunity for Chairs of local carer organisations to share ideas between themselves, and with the national organisation. We all felt strongly that together we can be a powerful voice to speak up for carers. Princess Anne’s speech showed that she takes seriously the issues carers face, and that over the 30 years she has been involved with the Carers Trust (and predecessor organisations), she understands what those issues are.

Sheffield Carers Centre is a partner with the national Carers Trust and looks forward to continuing to work closely with them.

### Regular free training sessions for carers

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, 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
Our Carer Advisors have been getting increasing numbers of requests for food bank referrals, which sometimes are to do with benefits issues. Everyone – carers or not – is welcome to use the following new food projects, which are run by Food Works Sheffield.

The Sharehouse Market

This project sells basic foods at a fraction of the normal cost. Everyone is welcome to use the shop, where you can buy fresh bread, vegetables, fruit, meat and frozen food. There are also other chilled and store cupboard items such as eggs and biscuits.

You can fill a basket and they just ask for a donation of £1, plus an additional top up of what you feel able to donate; most people donate £2 in total.

No referrals or vouchers are needed – just come in and shop. Please bear in mind that food goes quickly, so it’s best to get there as close to the opening time as possible.

Food Works Sheffield, 49 Carlisle Street, Sheffield S4 7LJ. Open Monday to Saturday 1 – 3pm.

Pay As You Feel Cafes

Food Works also run 2 cafes that provide delicious, nutritious food that is heavily discounted. There’s no menu, as this depends on what has been donated that day and you decide how much you can afford to pay for your meal.

Steeple Corner Café Victoria Centre, Stafford Road, Norfolk Park S2 2SE. Open Wednesday to Friday 10.30 – 2pm. Hot lunches are served 12 – 2pm.

Citrus Café Zest Centre, Upperthorpe S6 JNA. Open Monday to Friday 9am – 2pm, serving breakfast, healthy snacks and lunch from 12.

YoungDementia UK’s Sheffield group

A group is available in the city for people living with young onset dementia. It’s a friendly, fun and relaxed opportunity to meet others in a similar situation. The group meets on the third Thursday of the month between 1pm – 3pm at Graves Health and Sports Centre, Bochum Parkway, Sheffield S8 8JR.

For more information, please contact Natasha Wilson by emailing natashawilson@youngdementiauk.org
Aching? Sore muscles? Tense? Injured? Sports massage could be for you, whether you are an athlete or not.

Peak Performance Sports Massage has been offering discounts through our Carer Card from its start and Rachel, the owner, showed her support by attending our AGM last year. Rachel is a level 4 qualified sports massage therapist and seated acupressure practitioner. Rachel said “I get enormous satisfaction from helping people generally with their muscular aches and pains, and find that a lot of my customers are not sporty but just love the benefits a sports massage can bring”. All treatments are individually tailored.

On joining the Card Card, Rachel said “I am thrilled to be able to offer Sheffield carers access to discounted sports massage. There are so many unsung heroes out there in our community who deserve recognition for what they do. Such a deserving cause! And hopefully massage can help with the aches, pains, stress and tension that many of them will no doubt experience in their role as a carer. It’s a privilege to help.”

For Carer Card holders Rachel is charging £25 per treatment, just let her know you are a Card holder. For bookings and more information visit www.peakperformancesheffield.com, call 07837 984422 or email peakperformancesheffield@gmail.com

Novotel have been a firm supporter of the Carer Card from the outset. The Novotel is a family-friendly Sheffield Centre hotel, right in the city and a five-minute walk from the station.

Pull up a sofa and unwind amid the warm colours and stylish decor of the bar. The Elements Restaurant features a choice of international dishes set in a simple yet authentic setting.

For Carer Card holders they are offering Classic Afternoon Tea for 2 people for £20 (usual price £38) and a generous 25% off restaurant bill for bookings up to 4 people.

You can book by calling the hotel number 0114 278 1781 or email h1348-dm@accor.com

Please note pre-payment will be taken for afternoon tea bookings.
A major questionnaire that received responses from 137,000 carers last year (among 750,000 people in total) has published its results. The NHS England report highlights the health issues of carers and charts their experiences of engaging with a GP and their medical centres.

Key findings include a significantly higher reporting of health problems among carers, and that these impact on their day to day activities. Among the GP patients surveyed, 61% of carers report a long term condition, disability or illness, compared to 50% of non-carers – with this difference being most pronounced among younger adults.

Younger adult carers are the group who feel least supported by local organisations to manage their conditions. Despite arthritis and problems with back and joints being generally age-related, young carers are more likely to report this than their peers. The difference between these two groups is starkest for those reporting mental health conditions: 1 in 5 of 16 and 17 year olds report a problem, compared to 1 in 15 non-carers of the same age; the number of these carers reporting ‘feeling isolated’ was double that of their peers. Carers overall were most likely to report feeling isolated if they were in full time education or looking after family in the home.

A big finding in the GP Patient Survey is that the majority of carers with long term conditions have not agreed a plan with staff at their GP practice to manage those issues. We know that carers often put their own health needs beneath those of the people they care for, but of course, putting off or neglecting their own medical needs can lead to them being incapacitated or have worse symptoms, which could then affect their caring role and the cared-for person.

This is the motivation behind our efforts to increase awareness and publicity in medical centres in Sheffield. We’ve been speaking to GPs and staff in surgeries across Sheffield – including in Handsworth, Walkley and Shirecliffe about how they work with carers, and have looked at practical ways they can encourage patients to identify themselves as carers to staff.

If carers come forward, staff can understand the connection between their health and their caring role, be flexible in how they provide support, and can ensure carers access specific things like the Flu jab. Importantly, greater awareness in GP practices will hopefully ensure that medical professionals consistently include carers in the medical planning for the cared-for person.

The good news from the GP Practice Survey that should encourage carers to raise any medical concerns, is that when they did report it to staff, nearly 60% agreed a plan to manage their condition(s) and 94% of those people found that plan helpful.

So what can you do? Help our work with GP practices!

One thing is clear: not all GP practices have our leaflets or poster up to let carers know Sheffield Carers Centre is here for them. So if you go to your local surgery and they don’t have our information, please let us know by emailing max@sheffieldcarers.org.uk, drop us a message on Facebook, or phone 0114 278 8942 and we’ll send information out to them.
A study for International Women’s Day in March by Age UK concluded that it is often women who have paid the price for Government cuts to social care and delays to implementing policies through the promised ‘Green Paper’.

The study focuses on what are called ‘sandwich carers’, who care for an older relative as well as bringing up a family. 68% of the estimated 1.5 million sandwich carers are women, many of whom provide 35+ hours of care and juggle paid work too. These are some of the situations, Age UK highlighted. You can read more by searching online for ‘Age UK Breaking Point’.

Sarah
Sarah’s mother moved in to live with her after being discharged from hospital, meaning Sarah became her carer 24/7. This was in addition to caring for her 2 children, and has meant Sarah cannot currently continue to study to become a nurse. She feels more support is needed for people in her situation.

Rasila
It was never Rasila’s intention to be a full-time carer but she has done so for over 40 years, which has left her feeling socially cut off and without a life of her own. Rasila had to take early retirement from work in 2013 to care for her sister who has advanced Alzheimer’s. Navigating the care system has been one of the biggest challenges: it took 7 months to see a social worker and when she asked for respite support, she didn’t get it.

Joyce
After 50 years of marriage, Joyce’s husband David suffered a stroke and extensive resulting brain damage. David initially received homecare four times a day, but due to the lack of quality in the care, Joyce stopped paying for this 18 months ago and has been his carer 24/7 in a very physically demanding role. Joyce has fought hard to get David into a day centre two days a week. She has been allocated 56 days of respite care a year, but the care home that looked after David during this time is no longer available as it was cut as a local council provider. Joyce isn’t sure how she will carry on looking after David.

Cat Smart
The RSPCA are providing a free scheme for Sheffield residents with cats.

They recognise the value of carers and that time is not always on their side. Cats are great companions for people who may be housebound and evidence shows that having domesticated animals in the home can have excellent health and wellbeing benefits for all.

If any carers have cats that have not yet been snipped or spayed, Cat Smart can come and collect the cat, take it to the vet and return it after the procedure.

Contact Carrie Stones by phone on 07969 323 590, email carrie.stones@rspca.org.uk or message us on Facebook www.facebook.com/CatSmartSheffield
Shared Reading

Come and try a new activity!

**Wednesday 12th June**
**From 2.00pm – 3.30pm**
**Sheffield Carers Centre**

Do you have some free time and would like to:

- *relax by listening to reading out loud?*
- *discuss what it means to you and hear other ideas?*

- *build your confidence?*

You are welcome to be part of our shared reading group!

Email: Jan@sheffieldcarers.org.uk to book.

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**Home Library Service**

Each month Sheffield Council’s Home Library Service will bring to your door a selection of books carefully chosen for you. The service is completely free, and could be really useful for any carers who love reading, watching films, listening to music or doing jigsaw puzzles.

They will talk to you about your reading interests, and select the sort of books you might enjoy. These can also be in large print, books on CD, as well as films on DVDs, music on CD and jigsaw puzzles.

The Home Library Service is for any Sheffield resident who:

- is unable to get to their local library
- has no one to visit the library for them
- may be able to get to the library, but can’t carry the books away with them

This may be available on a temporary basis, for example whilst you are recovering from an operation.

Joanne, the Library Information Officer says:

“Our staff are friendly and helpful and will do their best to ensure customers receive what they ask for each month. They will always have time for a smile and a friendly chat, and will offer support in any way they can to each person they visit.”

In addition to this service, if you’re online you can also download free eBooks, eAudiobooks and eMagazines from the website: www.sheffield.gov.uk/elibrary

Phone 0114 273 4277 or email: mobileservices.library@sheffield.gov.uk
Get involved in:

Carers Week™

10-16 June 2019

There is a range of great activities for Carers Week including events at John Lewis department store, training opportunities, events at the hospitals, as well as give-aways and offers from local businesses.

This year, we’re also encouraging people to help raise awareness of the vitally important contribution carers make to the city. We know many people see their role as their ‘duty’ or just ‘what anyone would do’, but we need the wider Sheffield public to understand about caring – after all, 1 in 10 people will be a carer at some point in their lives.

So, we’ve produced a poster which can be downloaded to your computer, printed off and that you can fill in with your own positive message to mark Carers Week!

It’s easy:

1. Get your blank poster online at sheffieldcarers.org.uk/carersweek or pick one up from the Carers Centre.

2. Write your message (suggestions are available online)

3. Simply ask to put up your poster at a local shop, library, pub, cafe, church, mosque... anywhere local people will see it!

4. Take a photo of the poster on display and share it on Facebook or Twitter (and just tag us by adding @SheffieldCarers and #carersweek to your post).

Alternatively, just email office@sheffieldcarers.org.uk the photograph from your phone or your computer.

With your help, we can use this Carers Week to ensure that more people recognise and celebrate the vital role of carers in Sheffield.
Throughout the week:

**John Lewis**: creative craft and pampering activities throughout the week, alongside our information stall.

**Moor Market**: a range of stall traders offering great discounts and offers exclusively for Carers Week.

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**Monday 10 June**

Carers Centre at Northern General Hospital (Huntsman building), 11am – 2pm. Speaking to visitors, patients and staff to raise awareness of our support services.

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**Wednesday 12 June**

- Carers Centre at Royal Hallamshire Hospital (B Floor entrance), 11am – 2pm.
- **Shared Reading group**. 2pm - 3.30pm, Sheffield Carers Centre.

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**Thursday 13 June**

- Legal Q & A provided by Fiona Shah of Wrigleys Solicitors. 10am – 12noon, Sheffield Carers Centre.
- Training for Adult Social Care professionals on the role of statutory Carers Needs Assessments and our support services.
  Two sessions: 1.30pm – 2.30pm and 3pm – 4pm, Sheffield Carers Centre. Booking essential.
- ‘Move More’ Walk from John Lewis, email jan@sheffieldcarers.org.uk for details

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**Friday 14 June**

- Carers Café including free First Aid course and a performance by the Carers Choir. 10am – 12noon, Central United Reformed Church, Norfolk Street, S1 2JB.
Carers Week Prize Give-Away!

Thanks to generous local businesses, we have some great goodies to give away on a lucky dip draw of registered carers every day during Carers Week, 10-14 June!

• Monday to Friday during Carers Week we’ll be drawing one lucky winner at random from the carers registered at Sheffield Carers Centre
• Each day that winner will get to choose their prize from a great selection.
• Winners will be contacted on the day (or if you miss us, please get back to us within 24 hours)
• You don’t need to do anything to take part – your name will be automatically put into the draw!
  • Tramlines Festival full weekend tickets for 2
  • 1hr Massage (courtesy of Peak Performance Sports Therapy Massage)
  • Overnight bed & breakfast for 2 (Novotel)
  • Afternoon Spa Escape for 2 (The Mercure Sheffield - Kenwood Hall & Spa)

Why not drop by? On Tuesday 11 June, Sheffield Carers Centre will be there on the Cavendish Cancer Care stall right in the centre of the Market over lunchtime. It would be great to see you as we mark Carers Week. Come and say hi!

Carers Week at the Moor Market

We’re really pleased to have our lovely neighbours over at the Moor Market taking part in Carers Week this year.

Throughout Carers Week, any carer can get a discount from a great selection of Moor Market traders’ stalls. Find the full list of offers at www.sheffieldcarers.org.uk/carersweek, but these include:

• Moor Cobbler Shoppe - 10% off all services
• Infinity Nails - 10% Nail treatments
• Sew-Rite - various discounts (ask a member of staff)

• M&A Hair & Beauty Salon - discounts on Brow Treatments

Why not drop by? On Tuesday 11 June, Sheffield Carers Centre will be there on the Cavendish Cancer Care stall right in the centre of the Market over lunchtime. It would be great to see you as we mark Carers Week. Come and say hi!
Free entry for carers

In addition to those businesses providing great offers through our Carer Card, some also give free access to carers when they accompany the person they care for.

Please ensure that you contact the provider directly to confirm that the offer is available before visiting.

- Sheffield Theatres
- National Trust (their ‘Essential Companion’ card is available by calling 0344 800 1895)
- Jump Inc
- Sheffield United Football Club
- Sheffield Wednesday Football Club
- Hollywood Bowl
- Abbeydale Industrial Hamlet
- Kelham Island Industrial Museum
- Tropical Butterfly House Wildlife and Falconry Centre
- Potteric Car Wildlife Reserve
- Wentworth Garden Centre
- Tramway Museum
- The Light Cinema Sheffield
- National Emergency Services Museum
- FlyDSA Arena (free ticket if cared-for person has PIP/ELA higher rate/blue badge)
- Lightwater Valley (free ticket for ‘Essential Companion’ if cared-for person has PIP/ELA higher rate/blue badge)
- Theatre Deli

Sheffield Carers Centre is not involved in providing these offers but if you know of any more places where carers can go for free, please let us know by emailing stephanie.lowe@sheffieldcarers.org.uk and we can help spread the word.

Carer Action Plan Review

On 11 April, around 30 carers attended the review of the Adult Carers and Young Carers Action Plan at The Circle in Sheffield.

The plan is an evolving initiative involving a variety of organisations – including Sheffield Carers Centre – to create positive change in the support provided to carers, and for carers to see what is being changed and how that change is happening.

The meeting involved lots of useful contributions and an activity where participants broke out into groups to discuss what has been done. The notes from that discussion have gone to the commissioners so that carers’ views are listened to and new ideas are considered. Representatives from our service, Sheffield Young Carers and Adult Social Care attended the meeting. The commissioners of carers services explained that lots of work had already been done, but more is in the pipeline.

The Plan was launched last June, with reviews taking place every 6 months. The turn-out at this meeting was really positive and carers can also get updates between review meetings by emailing carers@sheffield.gov.uk.

The next review meeting is scheduled for Wednesday 30 October.
As part of our partnership work with Sheffield Carers Centre, the service is keeping in regular contact with carers aged 55 and over. They support carers of people with a Learning Disability and/or Autism to think about emergency and long-term planning. They can also support in providing information and support around various issues such as benefits information etc. This service includes organising and hosting information sessions and workshops for carers.

For more information, advice and support feel free to call us
Monday - Thursday: 9:30am - 4:30pm 0114 275 8879.

News to report from SCP:
In February we organised a session on Wills and Trusts from solicitor Tricia Carter. 31 carers benefited from expert advice, tailored to their situations. We will advertise our next session in the following Newsletter. Tricia has a limited number of 1:1 appointments at Sheffield Carers Centre.

FLASH (Families Lobbying & Advising Sheffield)
FLASH is continuing to meet to ensure that the voices of families of people with learning disabilities/autism remain strong and to speak up on behalf of these families. Please email flashld575@gmail.com and ask to be added to their mailing list or for more information.

Information sessions planned for Carers:
Thursday 4th July 2019 DLA to PIP workshop 10:30am - 12:30pm @ Sheffield Mencap, Park Grange Road S2 3QF: Cathy and Kirsty are hosting a session to support carers who need to complete these forms soon. We will go through the form step by step and offer useful guidance on how to do a successful application. Please call us if you would like to book on this session or to discuss this further: 0114 275 8879

If you would like us to put on an information session about a specific issue, then we would love to hear from you.

Carers Support Groups
Support groups for carers are continuing to meet regularly. The North group meets on the 3rd Tuesday of the month at the Acorn Pub in Chapeltown 12:00noon - 2:00pm. The South group meets at the Sherwood pub on the last Thursday of the month 12:00noon - 2:00pm. The Central ‘butty’ group meets at the Carers Centre on the 2nd Tuesday of the month 12:00noon - 2:00pm.

The carers’ information hub/community cafe is on the first Thursday of every month 1:00pm - 2:00pm.

Sheffield Mencap and Gateway information and News:

Carers Outreach Project:
COPe is a brand new service that works with family carers who care for someone with a Learning Disability and/or autism. The Project brings together a group of carers and those who they care for. During the session some carers will stay and help during the activity, the others will leave knowing their loved one is in safe hands. Carers will take it in turns to have time away from their usual caring role or
stay and take part in the session. The sessions will be designed around the interests and hobbies that group share. We are holding information sessions, where you can come meet the team and find out more.

**Central Library**  
28th May 2019. 10:30am - 3:30pm

**Walkley Library**  
29th May 2019. 10:00am - 12:00noon

**Stocksbridge Leisure Centre**  
30th May 2019. 10:00am - 1:00pm

**Sheffield Mencap & Gateway**  
31st May 2019. 6:15pm - 9:00pm

**Sheffield Mencap & Gateway**  
11th June 2019. 6:15pm - 9:00pm

We have more dates popping up so please keep an eye out on our Facebook page: [www.facebook.com/SheffieldMencapAndGateway](http://www.facebook.com/SheffieldMencapAndGateway)

If you are unable to make an information session, but would like to know more, contact the Team on: 0114 275 8879.

**Children’s and Young People’s Fitness Group:** We’re looking for more Children and Young People aged 10 - 24 to come and join in the fitness fun! It’s every Thursday 5:00 - 6:00pm. £3 per session. You can meet lots of new friends and siblings are also welcome.

For more information, speak to Kirsty or Nat 0114 276 7757 / 0114 275 8879

**Fitness Fanatics:** Thurs 6:00pm - 8:00pm @ Sheffield Mencap. We tackle health, wellness, diet and exercise for people with learning disabilities and autism. Each session costs £6.00 which includes a fitness activity, a healthy snack and information worksheets.

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**Can you help?**

**The number of carers currently accessing advice, information or support from the Centre has reached over 11,500!**

We hope you enjoy reading our Newsletter along with all these other carers. If you haven’t yet received our Carers e-Bulletin, which is being sent out monthly by email between editions of the Newsletter, subscribe by writing to office@sheffieldcarers.org.uk.

Over the coming months we are stepping up our planning so that we can reach many more of the estimated 60,000 carers in Sheffield. Could you help us connect with more carers by passing on a copy of our Newsletter to a friend, or by forwarding on our Carers e-Bulletin by email? Or if they want to talk to someone, suggest they give us a call on 0114 272 8362.

Are you on Facebook or Twitter? Find ‘Sheffield Carers’ on social media and get other carers you know to like and share our posts.

And in the ‘real world’, can you help us by passing on one of our leaflets or by asking your GP surgery, community centre or local shop to put up one of our posters? Pick up some of our publicity from the Carers Café or if you are visiting the Carers Centre.

Our Carer Card goes from strength to strength, with great current offers, and new discounts and deals for carers coming online every week! Carers new to our services can get their Card at sheffieldcarers.org.uk/carer-card. Existing ones can simply email office@sheffieldcarers.org.uk to request one.

**Your voice matters!** Even if you speak to only 1 other carer who then gets in touch with us, that will double the number of people who will then receive useful information, advice and emotional support.

If you would like to take an active role here at the Carers Centre, you can volunteer. Over the previous year, 69 people (many volunteering regularly) have supported our efforts with their hard work. Volunteers play a vital role in the organisation, with many speaking directly to carers, listening to their concerns and helping to assess how we can help. If you would like to discuss our volunteering opportunities contact Scott Liddle on 0114 278 8942 or email volunteer@sheffieldcarers.org.uk.
Michael Atkins, our new Carer Advisor and a former carer, explains his personal interest in a way of exploration and support that he believes might be of value to carers. It’s called ‘Focusing’ and was identified in the 1950s by Eugene Gendlin, an American philosopher and psychotherapist.

Focusing is a remarkable way to engage with our inner sense of ourselves, explore issues and worries, discover new and unexpected parts of who we are and support one another. It is likened to the use of a lens to move from a blurry, unclear vision to something sharper, more distinct: a coming into ‘focus’. It is not ‘mindfulness’.

You can find out more about how Focusing was ‘discovered, what it ‘is’ and ‘is not’ through the links below and in more depth than I have space for.

So what does one do when one is ‘Focusing’? We sit, close our eyes and begin to allow our awareness to settle into our body, our senses, our inner experience. We take some time to notice what is going on and then gently move towards whatever wants our attention.

One way to think about this is to imagine we are out walking and aware there might be a timid animal nearby that we would like to see; we would be patient, quiet, slow moving so as not to startle it. Similarly, with shy or timid parts of ourselves.

We try to be welcoming to our experience, we notice if there is reactivity. We might notice a part of ourselves is ‘feeling’ one thing and another part is experiencing something contradictory. It is all welcomed.

Often people Focus with a partner, and the partner sensitively says back what the Focuser says. This can be such a helpful way of checking our thoughts (often rather speedy) with what our slower body may be experiencing. The Focuser here would say out loud what they are noticing. The beauty of this is a mutual agreement to offer time, so each person gets time as the Focuser and then listener. This can even work via Skype.

So while not strictly a therapy it is a way of working that can be used to explore concerns, worries, etc. I believe it is a valuable way to look after ourselves and support other people.

www.focusing.org.uk
www.focusing.org.uk/an-introduction-to-focusing
www.focusing.org
www.focusing.org/sixsteps.html
tricycle.org/magazine/focusing

SMART Family & Friends Group

Do you have a family member or friend who is struggling with alcohol? Is their drinking having an impact on your wellbeing? Would you benefit from some support?

If so, why not take up the opportunity to come and chat with people who are going through something similar or with a member of the Drink Wise, Age Well team.

For more information call: 0800 032 3723
People who receive Carer’s Allowance get credits added to their state pension record automatically. However, there are around 200,000 carers in the UK who don’t get the Allowance but are eligible for carer’s credits because they provide care for more than 20 hours a week.

The Government is being urged to encourage more carers to sign up for the credits, as fewer than 1 in 10 who are entitled, have applied. According to the This Is Money website, ‘each annual credit missed could cost a carer 1/35 of the value of the state pension – around £244 per year or £4,880 over the course of a typical 20-year retirement.’

Credits help fill gaps in your National Insurance record, which means you will receive the full State Pension. To qualify for these credits you have to be over 16 years old, but under the State Pension age and looking after one or more people for at least 20 hours a week. The person you look after must be getting certain benefits or you have to get a form signed by a health or social care professional.

You can find out more from the Government website and claim here: https://www.gov.uk/carers-credit or by calling 0800 731 0297

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Carers Café

What’s on at the Café

Friday 14 June  Help us celebrate Carers Week
Join in our Emergency First Aid course.
Carers Choir will be performing

Friday 12 July  TBA

Friday 16 Aug  Venue to be confirmed

Meet other carers and Sheffield Carers Centre staff/volunteers to talk about shared experiences, and get a break from caring.
You are welcome either with or without the person you care for.

For support or information:
0114 272 8362
www.sheffieldcarers.org.uk

Upstairs in Central United Reformed Church, Norfolk Street*
10am - 12noon
No need to book, just drop in.
*Excluding August
Carer Advisors’ top finds and tips!

Since the last Newsletter and in the course of speaking to carers every day, our Carer Advisors have heard about or signposted towards some really useful services, tips or organisations. They thought other carers might benefit from sharing some here...

Top Tip from a carer...

One carer, whose husband has dementia, explained the difficulty she used to experience when he would shout in another room. Often she found he didn’t need anything particularly and was safe, but his shouting was distressing for her. She has found that creating a peaceful space in her home where she can sit for a short time and listen to music helps her to stay calm at times when the demands of caring feel overwhelming, in the knowledge that her husband was safe in a different room. She explained that she has needed to persevere to do this regularly, but that it has made a big difference to her mood and energy levels.

Parking – have you heard?

If someone needs care at home they may be eligible for a resident’s carer permit, so the carer’s vehicle can be parked without time limit in a ‘permit holders only’ bay. Find out more by calling Sheffield City Council Customer Services on 0114 273 4567 or visiting www.sheffield.gov.uk/home/parking/apply-parking-permit/carers-parking-permits.

My Home Helper

This is an app to give you control over what appears on a tablet computer, so it can be left with the person you care for, allowing you to display useful features for them and even video call them from where you are. Features of My Home Helper include: scheduling reminders, displaying photographs, instant messaging, video call and more.

You can make other people users too, so family members can send messages or photographs for instance. You can even choose from over 150 different languages if English is not the first language of the person you care for. Please note that you can get a free 14 day trial, but the MyHomeHelper starts from £199 excluding VAT (for people with a disability or long term medical condition). Visit their website www.myhomehelper.co.uk/home/home.aspx

Dementia UK’s Admiral Nurse team

Admiral Nurses work in the community and in care homes, hospitals and hospices providing expert help and guidance and giving support. They can help you and your family deal with your loved one’s dementia.

If you have any questions about whether you can get a referral to an Admiral Nurse in your area, or if you need support and there is no suitable service close to you, please contact 0800 888 6678 or email helpline@dementiauk.org where Dementia UK’s team of Admiral Nurses can give you one-to-one support, practical solutions and expert guidance. Find out more here: www.dementiauk.org/get-support/find-an-admiral-nurse/
Support for dealing with the effect of Parkinson’s

Julia Brown is the Yorkshire Worker for PSP Association. PSP is a form of Parkinson’s and Julia has a huge amount of knowledge on how PSP develops, and is happy for anyone to call her advice line and talk through how they are finding things. She is particularly knowledgeable about how to respond to someone’s challenging behaviour, and how to manage ‘fixations’ which may occur as a result of the illness. She can be contacted on 0300 011 0122.

Beyond Blue and SANE blog: useful advice from Australia

Having someone you care about attempt suicide can be an incredibly traumatic experience. You might respond with anger, fear or sadness. You might also find yourself asking questions; many of them beginning with why?

It is natural to have many different feelings, thoughts and concerns. You might not know what to do or what to say. This resource is a starting point for working through some of the questions that can come up after a suicide attempt. Find out more here: https://www.beyondblue.org.au/the-facts/suicide-prevention/support-and-recovery-strategies/support-after-a-suicide-attempt/guiding-their-way-back

There is also a range of useful resources about self-care and being affected by mental health issues on the SANE website and its blog: www.sane.org/information-stories/the-sane-blog

Let’s B Friend

This organisation pairs a volunteer befriender with an older person, over 65 who lives alone and does not have a diagnosis of dementia or acute mental health needs.

Volunteer befrienders pledge to visit a socially isolated older neighbour near them for one hour per week for a cuppa and a chat. On the way back from work, the shops, dropping the kids at school – whenever is convenient for both parties, a befriender will spend an hour just chatting, listening and supporting someone that otherwise may have no one.

They pair individuals primarily based on locality and also make connections based on personal interests. Each befriender and older neighbour receive regular support to ensure they’re benefitting from the project. Find out more here: www.letsbfriend.org.uk

Relatives & Residents Association

This organisation provides support to family members when an older person moves into (or may be moving to) 24 hour care. The Relatives & Residents Association is the national charity for older people in or needing care, and the relatives and friends who help them cope.

They support and inform residents, families and friends to find out all they need to know about care and to help them if things go wrong. They also advocate and speak for the sector, to make sure decision-makers learn from their knowledge and experience of the care system. Their helpline 0207 359 8136 is available 9:30am – 4:30pm Monday to Friday. Find out more on their website www.relres.org
Local groups around the city are run to support carers – some are based on an area of Sheffield, while others are especially for carers of people with specific issues. They are not run by the Carers Centre, but by a range of other organisations, and by carers themselves. Please use the contact details listed for more information.

**Gleadless Valley Carers Group**
3rd Thursday monthly, 10.30-12.30pm.
Newfield Green Library, 577 Gleadless Road.
Contact Sadia on 0114 239 8946.

**Lowedges Carers Group**
2nd Tuesday monthly 10.30-12pm.
Terminus Café, Lowedges Road.
Contact Pam or Joy on 0114 237 8724.

**North Sheffield Carers Group**
2nd Wednesday monthly 7-9pm.
Ecclesfield Support Unit, Wordsworth Avenue.
Contact Karen on 0114 457 7511 or Alice on 0114 249 0573.

**Darnall Carers Group**
4th Tuesday monthly 10.30-12pm.
Church of Christ, Station Road, Darnall.
Contact Jan on 0114 272 8362.

**Jordanthorpe Carers Group** *NEW*
4th Tuesday monthly 1-2.30pm.
Unit 2, Jordanthorpe shops (behind Heron Food).
Contact Pam or Joy on 0114 237 8724.

**Zest Carers Group**
Alternate Thursdays 1.30-3pm.
Zest Centre, Upperthorpe.
Contact Jenny on 0114 270 2040.

**Autism Hope North**
1st Tuesday monthly 9.30-11am. St Johns Parish Centre, 21 Housley Park Chapeltown.
Contact Carlie on 07968 984179.

**Woodhouse Carers Group**
2nd Wednesday monthly 10.30-12noon.
Woodhouse Salvation Amy Hall, Tannery Street. Contact Mick on 0114 248 1004.

**Young Onset Dementia Carers group**
Last Monday monthly 1-3pm.
Antiques Quarter, Rileys & Co, Farrar Road.
Contact youngonsetfriends@gmail.com

**SACMHA Carers Group**
1st Wednesday of the month 11am-12noon.
Informal, often with a health and well-being focus. Sometimes involves trips out or going out for lunch. Reduced cost Caribbean lunch is available to carers on Wednesdays.
SACMHA 84 Andover Street S3 9EH.

**Stroke Support Group**
Wednesdays monthly 10.30-12noon.
Sheffield Carers Centre.
10 October; 7 November, no December group, 9 January, 13 February.

**Shipshape Carers Group**
3rd Tuesday monthly 10-12noon.
The Stables, Sharrow Lane.
Contact Nur on 0114 250 0222.

**Hillsborough (S6) Carers Group**
Last Thursday of the month 10.30-12.30pm.
Rawson Spring (Wetherspoons), Langsett Road.
Contact Vicky on 07764 964531.

**Frontotemporal Dementia Carers Group**
2nd Tuesday monthly 6.30-8.30pm
Community Room, Heeley City Farm.
Contact Lee or Andrew Pearce on 0114 258 0482.

**Parkinson’s UK Carers Group**
Each event is scheduled at the previous month’s meeting, which are held at Leopold Hotel. Contact Annie for the next date on anniemarie_27@hotmail.co.uk

**Mental Health Carers Group**
1st Wednesday monthly 2-4pm.
Chapel in Michael Carlisle Centre, Osborne Road. Contact the chaplain on 0114 271 8022.
Substance Misuse
Carer/relative/friend Group
Alternate Wednesdays 6-7.30pm.
44 Sidney Street.
Contact Jo Radford on 0114 272 1481.

Sheffield Autistic Society
Support Groups
Third Wednesday, 12.30-2.30pm.
Sheffield Carers Centre, 5 Young Street.
For more information call 07923 473240 and leave a message.

Mental Health Hub
Third Thursday 10.30-12pm.
Sheffield Carers Centre, 5 Young Street.

Sheffield Mencap Learning Disability Carers Groups
For specialist learning disability carers’ groups, please see page 16.

State of Caring Survey 2019: get your voice heard

Last year over 7,000 carers shared their experience of caring. This allowed Carers UK to highlight the impact of being a carer to the media, in dozens of evidence submissions to Government and Parliamentary consultations, and in reports that influence decision makers and policy makers in a wide range of areas.

In the 2019 survey, you’ll be asked to tell Carers UK what life is like now, and what needs to change.

This is the most extensive survey into carers’ experiences in the UK. As a result, it will take at least 20 - 30 minutes to complete, so grab a cuppa and get comfy!

Please note that this survey is only for those caring unpaid for a disabled, older or seriously ill relative or friend.

Carers UK realise that carers are busy. You are able to skip most questions in the survey. If you don’t have much time, then answering the questions with the tick boxes is very much appreciated. However, the more information you give them, the better they can build a comprehensive picture of how caring affects different people. Carers UK want to hear about your experiences – good or bad – in as much detail as possible as this helps them paint a picture of what it is like to be a carer in 2019. So if you have more time, please use the comment boxes.

Any comments you leave would not be identified as yours unless you give Carers UK permission to contact you and they get agreement from you to do so. Your details will never be passed on to a third party.

Carers UK are so grateful to each and every person who takes the time to complete the survey and give them a full picture of their caring experience. In the summer, Carers UK will publish the top-line results in our State of Caring Report.

Visit www.carersuk.org to take the survey.
Donations

Can you help Sheffield Carers Centre?

At the Carers Centre, we always welcome donations to support our work. We are a registered charity and every donation will help us to reach and support more carers in the city.

- **If you are writing or revising your Will, perhaps consider leaving a gift to Sheffield Carers Centre.**
- **Send a cheque payable to Sheffield Carers Centre to the address on the back of this Newsletter**
- **Go to www.justgiving.com and search for Sheffield Carers Centre – you can then make a regular or one-off donation**

**Gift Aid**

If you are a UK taxpayer, we can reclaim from the government 25p for every £1 you donate. To enable us to claim Gift Aid on your donation, all you need to do is download and complete the form on our website (www.sheffieldcarers.org.uk/donate-now) or ask us to send one to you.

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Raise funds at no cost to you!

Register on [www.easyfundraising.org.uk](http://www.easyfundraising.org.uk) and register, nominate Sheffield Carers Centre as your charity, and every time you do your online shopping via this site, the Carers Centre will receive a donation from the retailer, but your shopping won’t cost you any extra. Participating online retailers include Amazon, ebay, John Lewis and very many more.

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How to get in touch with Sheffield Carers Centre

You can find a lot of information on our website: www.sheffieldcarers.org.uk

We share up to date news, events and service information on our Facebook and Twitter accounts, just search @SheffieldCarers.

Carers Advice Line. For information, advice and a listening ear call

**0114 272 8362**

Monday – Friday 9am – 6pm.

For information and support by email: support@sheffieldcarers.org.uk

**Sheffield Carers Centre**

**Ground Floor East**

**Concept House**

**5 Young Street**

**Sheffield S1 4UP**

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We welcome and will consider publishing 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: **Thursday 18 July 2019**