Do you still want to receive our Newsletter?

We have published an informative and well-received Newsletter for 25 years, but we need to adapt to the digital age and make it affordable because printing and posting our Newsletter costs a huge amount of money.

From now on, we will be sending our Newsletter to all carers by email. We want to keep in touch and continue to send you useful information, so we need to make sure we have your email address.

Don’t worry if you don’t have email or the internet, just complete the form that has come with the Newsletter and post it back to us in the Freepost envelope, or call to let us know.

Receiving our Newsletter by email will benefit you, as you will get our useful and timely information more frequently.

We will also be using this change to review and improve the Newsletter, so that the content better meets your needs.

If you have email, please email your name, address, post code and date of birth to update@sheffieldcarers.org.uk.

If you do not have email, please take the following action:

- Phone 0114 272 8362
- Complete the form that came with this Newsletter and send it to us in the Freepost envelope provided.

If you are no longer a carer, please also let us know.

Finally, please know that we will work to ensure that every carer who wants to receive our information, can do so.

Sheffield Carers Centre’s 25th Anniversary Celebration & AGM
Friday 29 November 2019

Celebrating 25 years of supporting unpaid carers.

Our Anniversary celebration is a social event with treats, tasters and offers from Carer Card businesses, a raffle and birthday cake! Opening by the Lord Mayor of Sheffield.

Our AGM marks the progress made in 2018/19 and features special guest speaker Paulette Edwards from BBC Radio Sheffield.

All carers, professionals and friends welcome.
See p.5 for details.
Welcome and goodbye

Welcome to

Sarah Knightley joins the team as the new Volunteer & Placement Coordinator. She was previously the Project Coordinator at the Social Café in Stocksbridge and has worked as Volunteer Coordinator at Sheffield Children’s Hospital. She has great experience and we think she’ll fit in well at the Carers Centre.

Goodbye to

Scott Liddle our running-fanatic Volunteer & Placement Coordinator has hot-footed it to Cambridgeshire, where he has moved with his family. Scott recruited and supported volunteers in ever greater numbers at the Carers Centre since he joined 3 years ago and his contribution to the team will certainly be missed.

What’s in Connect!?

This issue of Connect! is focused on making sure that you continue to receive our Newsletter into the future, so we need all carers to get in touch and send us their email address or let us know if they don’t have one.

This edition also features a wide range of valuable advice, for instance, on benefits for young people (page 8), details of how we can help working carers (page 12/13), 3 different offers of free training and courses for carers from Disability Sheffield (page 17), Niche Care Ltd (page 14) and OpenLearn (page 16), and of course, examples of the great deals you can access through our Carer Card (page 10/11).

Plus, we have our regular listings of carers’ groups, events and activities as well as sources of help that could assist you in your caring role and support the well-being of you as an individual.

Finally, don’t forget to sell (or buy!) our raffle tickets to win great prizes, including hotel stays, tickets to watch Sheffield United, a meal for two, and more (page 7).

We hope you enjoy this issue of the Newsletter!

30 October: Sheffield’s Carer Action Plan Review

Carers, save the date! The next review of the Adult Carers & Young Carers Action Plan is on 30 October 10am-1pm at The Circle, 33 Rockingham Lane, S1 4FW and is hosted by Sheffield City Council.

It’s vital that carers review what services are doing to make Sheffield a more carer-friendly city, hold decision-makers to account and help shape what develops. If you can’t make the meeting, you can be kept updated anyway by contacting Sheffield City Council.

For further information or to be added to the mailing list contact: Carers@sheffield.gov.uk
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 11 October
- Friday 8 November
- Friday 13 December
- Friday 10 January
- 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 17 October
- Thursday 21 November
- Thursday 19 December
- Thursday 16 January
- 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 Sheffield Carers Centre.

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

Carers Groups
See page 18 for a full list of carers support groups that are running in Sheffield.

Turn2Us
Turn2Us is a national charity that fights poverty and provides support to help people when times get tough. They have a Benefits Calculator to find out which welfare benefits you may be entitled to and they operate a helpline.

The Turn2Us helpline is a free, confidential and independent service for people who cannot access the internet or struggle to use it.

The service helps those people access the money available to them through welfare benefits and charitable grants.

It is free from landlines and on mobile phone networks: EE, 3, Vodafone, Virgin and 02.

It is available from 9am – 5pm Monday to Friday and offers Text Relay for people with hearing impairments. The helpline should not be used to confirm calculations made on their Benefits Calculator.

If you do have internet access, you can find out more about Turn2Us at www.turn2us.org.uk or phone: 0808 802 2000.
As readers will know, Sheffield City Council and other organisations are reviewing a local action plan for carers on 30 October. At a national level, the government published an action plan for carers in June 2018 that aims to be implemented across government departments.

It sets out 64 actions across 5 priorities, the following are the main initiatives (relating to adult carers) from the 1-year progress report which the government hopes will increase support for carers between 2018 and 2020. The full Review can be found online by searching ‘carers action plan’.

One of the policies the government has devised is the **quality mark for GPs**, which it believes will help ensure primary care staff understand and support carers and their role. Read more about the GP quality mark on page 17.

Through the Social Care Institute for Excellence in collaboration with Carers UK, the government commissioned a project to **promote best practice in providing carers with a break**. This was aimed at councils, commissioners and other health and social care organisation, and was launched in Carers Week.

To help carers juggle caring with work responsibilities, Employers for Carers have sought to encourage employers to create supportive and inclusive workplaces. At the time of publication, 5 employers had signed up and 20 had requested more information.

The government explains that the **Flexible Jobs Hub**, established by the Timewise Foundation in April 2018 is a useful way for carers to find jobs that have more flexibility and might be more supportive of carers. Find out more at https://www.timewisejobs.co.uk/caring.

**Returning to work** can be difficult for carers too, and the Government Equalities Office has awarded £1.5million to 16 organisations to support ‘returners’ in the private sector and is working with public sector bodies. A DWP report called Fuller Working Lives also encouraged businesses to recruit and retain older workers, many of whom may be carers.

To help develop carer-friendly communities, the Action Plan initiated the **Carers Innovation Fund** which now has a budget of £5million and aims to encourage the development of innovative and creative ways to support carers outside of formal health and care services. At the time of publication, the application process for bids to the fund had not been completed.

The **Carer Passport** scheme which carers use to identify themselves to different services – for instance in the NHS - to get recognition and support, was launched in 2017, before this Action Plan, but the use of the Passports is growing.
Newsletter – help shape our future!

We are making a change to how carers receive the Newsletter due to the huge cost of printing and posting a paper copy out to thousands of people several times a year.

However, as we’re changing the Newsletter, we are also seeking to improve the communications we send to carers and make the new-look version even better! That’s why we need you, the readers, to send in your ideas of how we can make sure the new Newsletter is really relevant and useful.

Please email Max, the Communications Worker with your thoughts on the following:

• What type of information or articles do you find most useful in our Newsletters?
• What would you like to see more of?
• What do you want to see less of?

Email max@sheffieldcarers.org.uk with your thoughts so we can make sure that as we change the Newsletter, we make it even better for thousands of local carers.

Your invitation to our Anniversary celebration & AGM
Friday 29 November 2019

This year we’re celebrating 25 years of championing and supporting carers in Sheffield.

As it’s our anniversary (and a special one at that!) we’re having a celebration event and we really want YOU to be there!

Drop in to our celebration event between 11.45am and 1.15pm for a celebratory social occasion with treats and tasters from Carer Card businesses, birthday cake and music, opened by the Lord Mayor of Sheffield.

Please check our website, the Carers e-Bulletin, Facebook or contact us to have details confirmed nearer the time.

Following the party will be our Annual General Meeting, which we would love you to attend to see how the Carers Centre functions as an open and transparent charity and find out what we have achieved in the previous year.

Alongside the business of the AGM, our keynote speaker will be the wonderful Paulette Edwards from BBC Radio Sheffield who we are sure will provide some great entertainment.

Our AGM runs from 1.30 – 2.30pm and all carers are invited. Please note that this part of the event is not a drop-in.

Our Board has chosen a special venue that celebrates the difference that the Carers Centre has made and is making. However, this occasion goes beyond the Centre and is also about honouring the amazing contribution that carers make to Sheffield.

Celebration event 11.45-1.15pm;
AGM 1.30 – 2.30pm

RSVP: email office@sheffieldcarers.org.uk or call 0114 272 8362.

Friday 29 November 2019. Cutlers’ Hall, Church Street S1 1HG.
Herbert Protocol

The Herbert protocol is an information gathering tool to help locate missing people with dementia. It is a form that you can download in your own time, complete in detail (without the stress that your relative is missing) and keep up to date.

Then, should your relative go missing, you should ring 999, tell the operator that your relative has dementia, is missing and that you have a completed Herbert protocol form. The information will be used by officers to coordinate the search for your relative or friend.

The form allows the police to access important information about the missing person as soon as possible. Being asked by a police officer to recall lots of detailed information when you are deeply distressed or upset, can add to these feeling, so this form and process is designed to remove some of the worry.

The form can be downloaded at https://www.southyorks.police.uk/media/1819/herbert-protocol-form-updated-2017.pdf or search ‘herbert protocol sheffield’.

If you need a form to be posted to you as you do not have printing facilities, you can email South Yorkshire police at sheffieldsouthwestnhp@southyorks.pnn.police.uk

Q: When should I complete the form?
A: As soon as possible. The sooner the form is completed, the quicker police can use the information provided to track your loved one.

Q: How much detail is needed?
A: The police officer just needs an overview of the required information, so don’t worry about too much detail. If you are writing the information by hand, please try to make sure that it is clear and easy to read.

Q: What should I do when I find out that my relative or friend is missing?
A: You should ring 999 immediately. The sooner the police know that someone is missing, the sooner officers can start looking for them.

Q: What will the police need to know?
A: When you speak to the police operator, tell them who is missing and that they have dementia. The operator will ask you several questions but this will not delay the police response – there are systems in place to allow them to talk to you at the same time that officers are deployed to come and help you find your relative.

Some of the questions that you may be asked are:

• When and where was the person last seen? Be as specific as you can.
• What were they wearing? The operator will ask for a description of the clothes the person was last seen wearing, and anything they might be carrying, such as a bag or walking stick.

If you have the information form with you, tell the police operator. An officer will come and collect the form. If you don’t have it with you, don’t worry, the officer may ask you more questions. The information will be used to coordinate the search for your loved one. You may be feeling upset and worried for their safety. This is completely natural, and police officers will make sure you are supported throughout the process.
On our 25th anniversary year, we are raising funds so that we can continue to provide our vital support to carers. Find your tickets enclosed with this Newsletter.

We have received a wonderful variety of experiences and treats donated by generous local businesses and organisations.

**Top prizes include:**

- Bed & Breakfast for 2 people, for 2 nights (Saturday and Sunday) at the Novotel
- 2 tickets to watch Sheffield United FC
- Family ticket for Chatsworth House (2 adults + 3 children)
- Dinner for Two – Marco Pierre White at DoubleTree Hilton

Other great prizes include meals, entertainment and vouchers.

Tickets have been sent out with the paper copy of the Newsletter and are £1 each. If you currently receive the Newsletter by email and would like to join the raffle, please contact us and we will send you tickets. If you’d like more than one book of tickets, please contact the office.

The draw will be at our 25th anniversary celebration and AGM event on Friday 29 November, to which all carers are invited to attend.

Carers need to return their ticket stubs and money by 15 November, and can give us their ticket payment in the following ways:

- In person at the Carers Café (Friday 8 November) or calling in to the office
- Post us a cheque made payable to ‘Sheffield Carers Centre’ using the freepost envelope with the Newsletter
- Paying electronically into our account. Call 0114 272 8362 so we can tie the payment to the ticket numbers

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**Digital Resource 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:

- Follow this web link: [https://carersdigital.org/login/index.php](https://carersdigital.org/login/index.php)
- Click the ‘Create new account’ button.
- Enter your email address and create a password
- Enter the membership code: DGTL9764

Do you still want to receive our Newsletter? **Action required** (please see form)
Young people who have learning difficulties, mental health difficulties or a developmental disability are often cared for by parents or carers who are responsible for, among other things, managing those young peoples’ finances, including claiming benefits on their behalf.

There are points in a young disabled person’s life when their benefit situation will change. This could be when they have left education or have reached an age when the state thinks they need to arrange an independent income, separate from that of their parents or carers.

We’ll summarise the time these changes may be felt and suggest ways forward. These issues can appear complicated, and with the change from familiar benefits to Universal Credit and Personal Independent Payments you may need to understand how new benefits work and how they apply to the young person.

When the time comes that they leave school or college you will lose the parenting/caring benefits you may have received for the young person such as Child Benefit, Child Tax Credit and child additions to Universal Credit, Housing Benefit and Council Tax Support.

If the young person is staying in “full time, non advanced” education (i.e. 12 hours per week at a school, college or in approved training) past their 16th birthday the parent or carer can carry on receiving the parenting/caring benefits listed above up to the young person’s 19th or, in some cases, 20th birthday.

When a disabled young person leaves non advanced education or training, the parent or carer will lose the parenting/caring benefits they may have received for them at the end of February, May, August or November (whichever comes first).

A benefit that the young person becomes eligible for if they do not have savings of over £16000 in their name is Universal Credit.

One of the main grounds for 16 or 17 year olds to be able to claim Universal Credit in their own right is when they are incapable of entering the workforce and look for work. They would need to claim Universal Credit as a person with “limited capability for work” which, to start with, they can show with a doctor’s fit note. Some time later the young person would need to complete a questionnaire that asks what activities they can manage. Their fitness for work will be determined by a scoring system. The questionnaire form that is used is a UC50. We suggest you seek advice when this needs to be completed.

There is a built-in delay regarding payments for Universal Credit (it is paid one month in arrears and the minimum time it takes to get a payment is 5 weeks, although it is usually longer). It may be possible to claim before leaving education (and go through the time consuming disability assessment for “limited capability for work”) but we suggest to seek advice early on if you wish to do this.
Moving from Disability Living Allowance (DLA) to Personal Independence Payment (PIP)

Sometime after a young person reaches 16 years they will be told their DLA will stop and they will be invited to claim PIP. You should not ignore this letter as it will have a deadline for such a claim and the young person will lose money if they claim late.

The rules for PIP are different from DLA rules. The levels of PIP payments are similar to DLA but eligibility is based on a points system. Some people find they are awarded a lower amount because of this, and also because some assessments, we find, are too superficial.

We can help with claims for PIP as well as all the issues above. You can find out much more on these issues on our website www.citizensadvice.org.uk

- You can ask for advice by contacting our helpline (weekdays 10 – 4pm) 03444 113 111
- Or visit one of our drop in advice sessions – see our website for service times and locations www.citizensadvice sheffield.org.uk and click on “get help”
- If your query is about Universal Credit please contact our UC helpline in the first instance (weekdays 8 – 6pm) 0800 144 8444

Making Sheffield an age-friendly city

The World Health Organisation describes an Age-friendly City or Community as a place where ‘the physical and social environment are designed to support and enable older people to “age actively” – that is, to live in security, enjoy good health and continue to participate fully in society.’

Age UK Sheffield along with Lai Yin Association, a charity within the Chinese community, will aim to empower people aged 50+ to have their voices heard and will work with organisations across the city to influence future strategic and political decision making. They are doing this by running focus groups, co-production events, mystery shopping, volunteering roles and raising the project’s profile over the coming few years.

For details of the project or to get involved in work to make Sheffield a more age friendly city, contact:

Age UK Sheffield
lynn.sen@ageuk sheffield.org.uk
0114 250 2850

Lai Yin Association
lai Yinassociation@hotmail.com
0114 258 9987

This project is just one of many commissioned as part of the initiative Age Better in Sheffield. You can find out more at www.agebettersheff.co.uk or by phoning 0114 2900 294.
Jump Inc

Jump Inc is a great place to bring both children and adults with disabilities and additional needs. With soft landings, fun music and attentive staff, Jump Inc is the perfect opportunity to try something different.

Trampolines are key to a specific type of exercise therapy which benefits those across virtually the whole spectrum of disabilities. Trampolining has been proven to provide a number of potential therapeutic and physiological benefits from cardio-respiratory, muscle tone, balance and posture through to perception and communication.

Jump Inc recognised that there was a shortage of autism-friendly physical activity-based sessions and said “We want to make everyone feel welcome at our parks and give all abilities the opportunity to have a go at the craze that is trampoline parks.”

Autism-friendly sessions are on 3rd Tuesday of every month at 6pm and are in association with Sheffield Parent Carer Forum. If you require any information about booking please contact the Forum on 0300 321 4721 or visit www.sheffieldparentcarerforum.org.uk

AMT Coffee are offering discounts to unpaid carers in their coffee shops based in the Northern General and Royal Hallamshire Hospitals. This support will be of tremendous benefit to carers visiting hospitals for themselves or with their cared for person. AMT Coffee are offering a 10% discount to all Carer Card holders!

Great News at Carer Card Corner!

AMT Coffee are offering discounts to unpaid carers in their coffee shops based in the Northern General and Royal Hallamshire Hospitals. This support will be of tremendous benefit to carers visiting hospitals for themselves or with their cared for person. AMT Coffee are offering a 10% discount to all Carer Card holders!
Why not make use of your Carer Card in the run up to Christmas?

If you’re going to see a Panto or Christmas show, Carer Card holders can get a discount on refreshments at Sheffield Theatres and discounted tickets at Theatre Deli. For the holiday season why not make use of your Carer Card at some of these other businesses? A full list of great offers and generous businesses are available at www.sheffieldcarers.org.uk/carer-card.

Hair and Beauty

Cafes, Restaurants and Food

Creative gifts in Sheffield and online

Christmas...

We’re never sure when is the best time to start talking about Christmas (it’s September when we’re writing this Newsletter!) but we will have all the information you need available from November onwards.

Whether it’s about Christmas opening times or festivities and events for carers, please visit our website for details: www.sheffieldcarers.org.uk.
As we change from mostly posting our Newsletter to emailing it, we will strive to make sure that no carers are left without receiving our communications. There are classes and professional support available to help browse the Internet, use email and navigate around the computer. Lots of local charities and organisations provide this help, including Heeley Trust, Reach South Sheffield and Zest but most local libraries also offer computer classes, for example there is a regular session at Burngreave Library on Tuesdays. Contact the Carers Centre for a list of local support.

Some people may be using the Internet but don’t have an email address, or perhaps have email, but don’t use it.

Need help setting up an email address?
If you have a device – computer, mobile phone or tablet – that you use to browse the Internet but do not have or use an email address, we are providing workshops at Sheffield Carers Centre to help you. Book a place on one of the following sessions by phoning 0114 272 8362.

- Monday 9 December, 2pm or 3pm
- Wednesday 11 December, 11am or 12noon

Bring your mobile phone, tablet or laptop or just use our notes to set your email address up at home. Laptops will be available here if you cannot bring your own device.

Please note: these workshops are for those who already have basic computer skills and can use a web browser to go on the Internet.

How do we help carers who work?

Sheffield Carers Centre sub-contracts specialist employment advice from Sheffield Occupational Health Advisory Service (SOHAS) as part of our tailored support for local carers. SOHAS has been providing advice and support to people to stay in work for the past 40 years. They can give specialist and confidential advice, guidance and support to unpaid carers and their employers in Sheffield to help promote successful and productive working relationships.

Here is an example of advice SOHAS provides:

**Background**

KL is the sole carer for her 17-year-old daughter and manages her own complex health needs too. She works part time for a national company and was signed off from work at the point of her referral due to a flare up in her health which led to short stay in hospital.

**How we helped**

Initial contact with KL was over the phone in which previous occupational health reports were discussed. Despite good
In the last Newsletter we highlighted the great service that is provided by Sheffield City Council’s Home Library Service and thought we should remind carers about it.

This completely free service delivers a selection of books (and more!) carefully chosen for you, to your door. It is really useful for any carers who love reading, watching films, listening to music or doing jigsaw puzzles, but who may struggle to find the time to get to the library or who might have mobility issues.

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. 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: https://sheffield.rbdigitalglobal.com

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

Outcome

KL and her new line manager met to complete a WAP and review it on a monthly basis. A monthly meeting was scheduled for KL to discuss any upcoming care commitments and/or medical appointments and plans were made to alter her workload accordingly. It was agreed that KL would have her sickness triggers extended so that she was given more flexibility around taking time off linked to her pre-existing condition. This helped reduce her stress levels.

If you’re a carer balancing your caring responsibilities alongside work and would like to speak to an experienced and friendly adviser please get in touch with SOHAS on 0114 275 5760 or visit their website www.sohas.co.uk

Home Library Service
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

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**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
- Potteric Carr Wildlife Reserve
- Tropical Butterfly House Wildlife and Falconry Centre
- Wentworth Garden Centre
- Tramway Museum
- The Light Cinema Sheffield
- National Emergency Services Museum
- FlyDSA Arena (free ticket if cared-for person has PIP/DLA higher rate/blue badge)
- Lightwater Valley (free ticket for ‘Essential Companion’ if cared-for person has PIP/DLA 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 and we can help spread the word by emailing stephanie.lowe@sheffieldcarers.org.uk
Changing Faces

Changing Faces is a large and well established national charity which has existed for over 25 years. It helps to support anyone with a scar, mark, burn or facial/body appearance which makes them feel different or vulnerable in society. Changing Faces is passionate about its empowering campaign work across the UK.

The 0-18 years’ service is based at the Circle in Sheffield but take referrals from Yorkshire and the Humber and offer a bespoke 1:1 support package for Children, Young People, their siblings and parents/carers.

• Anyone can refer, including professionals, parents, carers or young people themselves if over 16 years.
• The service offers a number of dynamic and child friendly workshops throughout the year with themes such as ‘positivity’ or ‘improving self-esteem’

Changing Faces is keen to connect with others in the Charity/Voluntary/NHS services and make collaborative contacts, so get in touch for a chat and a coffee.

There are resources available on their website: www.changingfaces.org.uk. To find out more or to make a referral email Julie or Sam yandh@changingfaces.org.uk or call 0114 253 6662.

Carers Café

What’s on at the Café

Friday 11 October
Preparing for Winter
How to change utility suppliers and tips for keeping warm

Friday 8 November
Topic to be arranged

Friday 13 December
Christmas Crafts and Choir

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.

Do you still want to receive our Newsletter? Action required (please see form)
TIDE – together in dementia everyday

Tide – together in dementia every day – is the UK wide involvement network for carers and former carers of people living with dementia. The overall aim of the Tide carer network is to improve the experiences of unpaid carers and improve the services available to those they care for, working alongside health and care professionals.

Tide aims to empower carers and former carers of people living with dementia and help them to recognise that they are experts by experience. They believe that by working closely with carers and former carers, they can help them understand that, as experts, their voice matters and can be used to bring about real change. Tide is here to unite carers and former carers across the country to use their experience and knowledge to help themselves and others.

Benefits of being a member of Tide:

• Keep up to date with what Tide is achieving, both for and with carers/former carers, through their newsletter
• Take part in their bespoke Development Programme, learning the skills to help you use your caring experience constructively, to influence change and empower yourself and others
• Use your skills and experience to be involved in research at different levels
• Use your skills and experience to speak up locally, regionally and nationally to influence policy and legislation
• Be part of a social movement that puts carers and former carers at the heart of everything they do
• Be part of a UK wide network that campaigns for better support for carers, former carers and their loved ones
• Meet other carers and former carers of people living with dementia
• You may just want to receive their newsletter and not take part in their training or events; they are sensitive to the needs of carers and former carers depending on where they are in their journey

You can contact Sarah Merriman, Carers Involvement Lead by email carers@tide.uk.net or by phone on 0151 353 5607. More information is available on the website: www.tide.uk.net

Open University Course for Carers

The Open University is currently fundraising for a Carers Scholarship Fund that will offer 50 carers with a full fee-waiver scholarship to study a degree course of their choice from Spring 2020.

In the meantime, the organisation offers many free courses through OpenLearn online. Find out more by visiting www.open.edu/openlearn.
Quality markers for GP practices

In June 2018 the Government published its cross-government Action Plan for Carers, setting out the actions it would take to improve support for carers in England. One of the actions was to produce ‘a framework of quality markers’ for GP practices.

The framework is a series of practical ideas for improving how general practices can better identify and support carers, grouped under themes such as identification and registration, appointments and access, information, involvement and communication. Practical ideas include providing up-to-date information that is clearly displayed in the practice, having a designated Carers Champion/Lead and offering priority appointments to carers.

Sheffield Carers Centre is working with GP practices who are already implementing the quality markers. Even though participation by GP practices is voluntary, we hope that all practices in the city will adopt some of the quality markers. If you’d like to see the document it’s available on the NHS England website. Why not have a conversation with your own practice and find out if they have any plans to use these suggestions?


Free training for Personal Assistants and Individual employers

Disability Sheffield are providing free training for those who employ a Personal Assistant (PA) to help improve their skills and enhance their understanding of the roles and responsibilities as an individual employer.

There are also training places for Personal Assistants who support an adult over the age of 18.

Who the training is for:
- Anyone who receives a social care direct payment and employs their own PA
- Anyone who is funding their own social care and employs their own PA
- Anyone employed as a PA for an adult (over 18), who is receiving social care support

The training is not for people who are fully health funded (though their PAs can access the training if there is space).

The venues:
- Moorfoot Learning Centre, Floor 1, West Wing, Moorfoot Building S1 4PL
- The Circle, 33 Rockingham Lane, S1 4FW

The dates for the training are spread across October 2019 – February 2020.

More information:
For the modules and dates of the training, just put ‘disability sheffield training’ into your Internet search engine or call 0114 253 6750.

Disability Sheffield also have their own PA Register where you can advertise or apply for job vacancies within the Sheffield area for FREE – www.disabilitysheffield.org.uk/pa-register.
They also have support for employing a PA on their website.
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 and Joy on 0114 237 8724.

**Darnall Carers Group**
4th Tuesday monthly 10:30-12pm.
Church of Christ, Station Rd, Darnall.
Contact Jan on 0114 272 8362.

**Jordanthorpe Carers Group** *NEW*
4th Tuesday monthly 1:00pm-2.30pm.
Unit 2, Jordanthorpe shops (behind Heron Food)
Contact Pam and Joy on 0114 237 8724.

**Zest Carers Group**
Alternate Thursdays 1:30-3pm.
Zest Centre, Upperthorpe.
Contact Jenny on 0114 270 2040.

**Handsworth Parent Carer Group**
There are regular daytime (10-11:30am) and evening (7:30-9pm) groups running every month.
Handsworth Old Rectory Community Centre, S13 9BZ. Contact Sarah Walker 0114 269 2537 or community@orth.org.uk

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

**Autism Hope North**
Chapeltown group: 1st Tuesday monthly 10-11:30am. Chapeltown Scout Hut, Senior Place S35 2WW.
Parson Cross group: 2nd Tuesday monthly, 10-11.30am, Creswick Greave Methodist Church, Yew Lane S5 9AZ.
Contact Carlie on 07968 984179.

**SACMHA Carers Group**
1st Wednesday of the month 11am-12pm.
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**
Monthly Wednesdays, 10:30-12noon.
Sheffield Carers Centre. 10 October, 13 November. Not on in December.

**Woodhouse Carers Group**
2nd Wednesday monthly 10:30-12noon.
Woodhouse Salvation Army Hall, Tannery Street.
Contact Mick on 0114 248 1004.

**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 Springs (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.

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 0114 272 1481 or 07815 538 245 for details.

Sheffield Autistic Society support groups
Third Wednesday, 12:30-2:30pm.
Sheffield Carers Centre, Concept House, 5 Young Street.
For more information call 07923 473240 and leave a message.

SMART Family & Friends Group
Every Weds 5:30 - 7pm   SASS, 646 Abbeydale Road, Sheffield, S7 2BB. 
For more information: 0800 032 3723

Sheffield Mencap Learning Disability Carers Groups
- First Thursday, 12:30-2pm.
Norfolk Lodge, Park Grange Rd.
- Chapeltown group: Third Tuesday, 12-2pm, Acorn Inn, 516 Burncross Road.
- ‘Butty’ group: Fourth Tuesday, 12-2pm, Sheffield Carers Centre, 5 Young Street.
Contact Chris Sterry ldcarersbuttygroup@gmail.com
- Last Thursday, 12-2pm, The Sherwood, Frecheville (peer-led group).
Contact Cathy or Kirsty for SM&G groups on 0114 275 8879.

Mental Health Hub
Third Thursday 10:30 – 12noon, Sheffield Carers Centre, Concept House, 5 Young Street.

Is your group missing? Please get in touch and let us know!

Continuing Healthcare (CHC) Newsletter

The NHS Sheffield Clinical Commissioning Group (CCG), Sheffield City Council and Healthwatch have worked with people receiving services to develop the CHC Newsletter with the aim of being more open and transparent. It will be published every 6 months.

Issue #1 was published in April so there should be issue #2 available in October. The first issue outlines how the Newsletter will deliver what it promises, it includes details of changes around services and the way that the voice of service users will be heard. You can view every issue of the CHC Newsletter through this web link: https://www.sheffieldccg.nhs.uk/Your-Health/chc-newsletter.htm or contact the Continuing Healthcare team by email SHECCG.SheffieldCHC@nhs.net or phone 0114 305 1700.

Do you still want to receive our Newsletter? Action required (please see form)
**We need you to get in touch!**

**Do you still want to receive our information and regular Newsletter?**

As this is the last Newsletter that will be sent by post to thousands of carers, we need your email address so we can send you our next Newsletter electronically. If you do not have access to the Internet, or you do browse the Internet but don’t use email – please let us know!*

If you would like to continue to receive our Newsletter, we need to ensure we have your correct details.

Over 25 years, carers have found our Newsletter useful and interesting and we will continue to produce information that provides advice, signposts to relevant services and offers valuable support.

However, we need to make this affordable as printing and posting our Newsletter costs a huge amount of money.

Receiving our Newsletter by email will benefit you, as you will get our useful and timely information more frequently.

We will also be using this change to review and improve the Newsletter, so the content meets your needs.

If you would like to keep receiving information from Sheffield Carers Centre please email your name, address, post code and date of birth to **update@sheffieldcarers.org.uk**.  

*Important: if you have access to the Internet but no email, or do not have access to the Internet at all please take the following action:*  
- **Phone 0114 272 8362**
- **Complete the form that came with this Newsletter and send it to us Freepost.**

If you would like to be removed from the carers register as you are no longer a carer, please do tell us.

Finally, please know that we will work to ensure that every carer who wants to get our information can do so.

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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).

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*This newsletter is produced by Sheffield Carers Centre (registered charity no. 1041250). Opinions, products and services featured are not necessarily endorsed by Sheffield Carers Centre.*