

## Welcome to the January 2020 issue of Sheffield Carers Centre's *Carers e-Bulletin!*

**This month:** introducing our new Carer Services Manager, free tickets for carers to watch *Sheffield Sharks* and highlights from our *Carer Card* health and well-being offers. Plus: volunteering opportunities, have your say over SEND provision, activities at *Clifford House* and a Young Carers Awareness Day event.

*If you have any thoughts about this or any issues of Carers e-Bulletin, please click 'REPLY' and let us know - we value all constructive feedback!*



**Welcome to Jayne Riggall, our new Carers Services Manager who started on 8 January!** Jayne joins us from Parkinson's UK, where she managed a team of local advisers providing support across several counties. Jayne says "the work gave me some insight into how challenging it can be living with a long-term degenerative condition, as well as the impact on family and friends - many who might not regard themselves as 'carers'.

I've received a really warm welcome from everyone at Sheffield Carers Centre and am looking forward to contributing to the work. Hopefully I will get to meet more of you as time moves on."

**Goodbye to Hilary Fawcett** who retired in December after four and a half years as our Carers Services Manager. Hilary's contribution to our services and team will be really missed, but we're excited to have Jayne to take us into the next stage of our development!

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Shan Tung Pai Tai Chi School



Sheffield Iyengar  
**YOGA**  
Centre  
yogo classes & workshops



Stepping into 2020, many people are thinking about their **health and well-being**. We want to help carers get the time and support to look after themselves, so why not taken advantage of our **Carer Card** [offers to try something new or dust off those trainers?](#)

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In Sheffield, there are more than **13,500 school-aged children and young people with a special educational need or disability (SEND)**. The Council, Sheffield's NHS Clinical Commissioning Group and Sheffield Parent Carer Forum are consulting on a draft inclusion strategy. [Share your views on the future of support here.](#)

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We're giving away **2 pairs of free tickets to watch B.Braun Sheffield Sharks VS Surrey Scorchers** in the British Basketball League Cup Group Stage match. Friday 31st Jan 2020, tip off 7.30pm - 9.30pm (doors 6.30) at Ponds Forge International Sports Centre, Sheaf Street S1 2BP. **To claim a free pair of tickets (courtesy of the Ticket Bank), please email your name and phone number to [offers@sheffieldcarers.org.uk](mailto:offers@sheffieldcarers.org.uk) by 9am on Monday 20 January.** We will allocate tickets at random from these emails. The winners will hear by 5pm on Monday.

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Sheffield Young Carers are hosting a free film showing and buffet lunch/discussion event on **Young Carers Awareness Day, Thursday 30 January**. It's an accessible way to increase awareness and to boost our ability to identify and support young people who take on caring duties. 11.30 - 2pm at University of Sheffield Students' Union, Western Bank. [Book your free tickets here.](#)

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**Sheffield Carers Centre have opportunities for volunteers to take up 2 roles in our team.** The *Community Connect* service aims to tackle social isolation and involves volunteers speaking to carers by phone on a regular basis. *Advice Line Support* volunteers complement the work of the Carer Advice Team by giving information to carers on our waiting list and find out what further needs the carers might have. [Click here for details of volunteering.](#)

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If you or your loved ones are affected by an illness with no cure, **St Luke's Clifford House** is here for you. [Read about the variety of activities taking place in January and February here.](#)

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As always, if you need advice, information or support please contact Sheffield Carers Centre. Our Carer Advice Line is available 9am-6pm, Monday-Friday on 0114 272 8362 or by emailing [support@sheffieldcarers.org.uk](mailto:support@sheffieldcarers.org.uk)