

## Welcome to the September issue of Sheffield Carers Centre's Carers e-Bulletin!

**This month** we highlight some Marvel-lous free event tickets and new [Carer Card](#) offers, courses to help men improve their wellbeing hosted by Zest and by Sheffield Mind, useful services to make your home comfortable and safe provided by Yorkshire Housing, resources for those caring for people with psychosis, and there is a new local service to support those who are struggling with suicidal thoughts.

Finally, don't forget our special carers meeting with MP Paul Blomfield on 1<sup>st</sup> October! It's an important opportunity to get your voice heard in Parliament.

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### **COPE (Carers for People with Psychosis e-support resource)**

The EFFIP Project (E-Support for Families & Friends of Individuals affected by Psychosis) has developed an online resource, called COPE-support that provides peer support, information on psychosis and ways for carers to look after themselves: <http://cope-support.org>.

St George's, University of London are running a study to find out if COPE-support works to improve carers' wellbeing and understand how well they cope with caring. They are inviting carers supporting a loved one affected by psychosis to join the study. If you would like to speak to a local researcher about the COPE-support study, please contact Alex Carey, Clinical Studies Officer on 01142718070 or email [alex.carey@shsc.nhs.uk](mailto:alex.carey@shsc.nhs.uk)

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### **Free tickets to see Marvel Universe LIVE !**



We have 2 pairs of free tickets for carers to watch Marvel Universe LIVE! at Fly DSA arena Sheffield S9 2DF.

Marvel fans, assemble for this live, action-packed, legendary battle to defend the universe from evil. Spider-Man, The Avengers and the Guardians of the Galaxy join forces with Doctor Strange, master of the mystic arts, in a race against time to recover the Wand of Watoomb before it falls into Loki's hands. This ancient artefact holds immeasurable mystical power and would allow Loki to achieve his eternal quest to crown himself ruler of Asgard and Earth.

Witness cutting-edge special effects, aerial stunts and video projection in this incredible adventure. We only have 4 tickets in total and they will be given to carers on a first-come-first-served basis by emailing [stephanie.lowe@sheffieldcarers.org.uk](mailto:stephanie.lowe@sheffieldcarers.org.uk)

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### **Share your experiences with Paul Blomfield MP: 1<sup>st</sup> October**

Share your views with Sheffield Central Member of Parliament and Sheffield Carers Centre Ambassador, Paul Blomfield. Paul will be available to discuss a range of topics that are of concern to you as carers. 10:30-11:30, Tuesday 1 October at the Carers Centre, Concept House, 5 Young

Street S1 4UP.

Book your place: [office@sheffieldcarers.org.uk](mailto:office@sheffieldcarers.org.uk) or 0114 272 8362. This meeting is part of Paul Blomfield MP's The Big Conversation series of events. More information is available on Paul's website: [www.paulblomfield.co.uk](http://www.paulblomfield.co.uk)

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**New exclusive Carer Card offer from The Milestone Group, the team behind Craft & Dough, The Milestone, Cutlery Works and INC Rooftop Bar.**



**GET DISCOUNT AT THE MILESTONE GROUP**

AVAILABLE ON BOTH APPLE & ANDROID



Fancy 15% off at Craft & Dough, INC Rooftop Bar, The Milestone and Cutlery Works bars?

Download The Milestone Group app, register your account and a payment method and enter the discount code below!

**SHFCARER19**

**HOW TO REDEEM YOUR DISCOUNT**

1. In the Milestone Group app, click the three stripes in the top left corner
2. In the dropdown, select 'voucher'
3. Type in the code & select 'apply'
4. You're good to go!

**Important** Ts&Cs for The Milestone Group offer:

This offer is for your personal use only. The sharing of the offer may result in this discount being terminated and action being taken. You must bring your Carer Card with you as this may be requested, if you do not provide this the difference may be charged. Discount is only valid when ordering via The Milestone Group app.

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### **Sheffield Suicide Support**

This website is for anyone who's having suicidal thoughts or feelings, or who's worried about someone else. You can use it to search for local and national help, support and information (and there are also learning and training resources). <http://bit.ly/suicide-support>

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## Services from Yorkshire Housing Group

**YORKSHIRE HOUSING**  
Home Improvement Agency

### Gas Safety Charity Fund

Are you a homeowner & on a low income or means tested benefit.

You could be eligible for

- Boiler Service
- Gas Fire Check
- Minor Repairs
- Funding Towards A Replacement Boiler



Contact us for further information  
**Tel: 0114 2564270**  
Email: [stayput@yorkshirehousing.co.uk](mailto:stayput@yorkshirehousing.co.uk)  
Web: [www.yorkshirehousing.co.uk](http://www.yorkshirehousing.co.uk)

**YORKSHIRE HOUSING**  
Home Improvement Agency

### Stay Put HandyTec Independent Living

Adapting, improving and repairing your home

Stay Put Home Improvement Agency provide a HandyTec service that can help you live independently, safely and comfortably in your own home.

The service is for people who do not qualify for our subsidised HandyPerson Service.

HandyTec is also for more substantial work not covered by the handy person service, where clients have the ability to pay. Typical works could include shower rooms, ramped access, extensions and general property refurbishments.

HandyTec offers a Technical Service to provide the following:

- Free information and advice
- Architectural Drawings to scale
- Submission for Planning and Building Control Approval (if applicable)
- Produce detailed schedule of work
- Obtain quotations from approved Contractors
- Oversee work to ensure it is completed to a high standard.

This list is not extensive so please ring us on the number below to see if we can help.

Telephone: **0114 256 4270**  
Email: [stayput@yorkshirehousing.co.uk](mailto:stayput@yorkshirehousing.co.uk)  
Online: [www.yorkshirehousing.co.uk](http://www.yorkshirehousing.co.uk)

**YORKSHIRE HOUSING**

**YORKSHIRE HOUSING**  
Home Improvement Agency

### Electrical Safety First

Are you a homeowner on means tested benefit or pension with no other income? or registered disabled or life limiting illness?

If so you could be eligible for

- Repairs to lighting, broken switches
- Upgrade of earth, bonding & RDC protection
- Relocation of sockets
- Contribution towards electrical rewire



**Electrical Safety First**

Contact us for further information  
**Tel: 0114 2564270**  
Email: [stayput@yorkshirehousing.co.uk](mailto:stayput@yorkshirehousing.co.uk)  
Web: [www.yorkshirehousing.co.uk](http://www.yorkshirehousing.co.uk)

## Sheffield Mind Anger Management Programme (for men)

Sheffield Mind are currently taking referrals for a 10 week, men's anger management course. Assessments are currently underway for the first cohort BUT there are some spaces available. If you might benefit from this course or you are a professional working with someone that might find it useful, you can find more information and the referral form to access the course [here on the Sheffield Mind website](#).

## Men's Well-being Workshops

Free sessions hosted by the Health Team at Zest on Wed 25 September and Wed 2 October, 1 – 3pm. The Community Room, Morrison's supermarket, the Barracks, 699 Penistone Road S6 2GY. Open to men of all ages, topics will include: healthy living, emotional wellbeing and preventing disease. Refreshments provided. Book a place by phoning 0114 270 2040 (extension 2) or email [health@zestcommunity.co.uk](mailto:health@zestcommunity.co.uk)

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

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