

Dear friend,

**First let us wish you a Merry Christmas and a Happy New Year!**

**This is our December *Carers e-Bulletin*** which this month includes a "thank you!" for being part of our 25th anniversary celebrations, details of the festive period opening times, seasonal support session from the IAPT service, Healthwatch's survey to learn about carers' experiences with GPs, information about the redevelopment of the Longley Centre and a video report from Sheffield Adult Safeguarding Partnership.



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### **Celebrating 25 years of supporting unpaid carers!**

On Friday 29 November, over 100 people – carers, professionals and friends of the Carers Centre – enjoyed a day of fun activities, delicious afternoon tea and a suitably special venue to celebrate 25 years helping unpaid carers in Sheffield.

As well as the celebration at the grand Cutlers' Hall, our AGM featured discussion of the Centre's recent work and a talk from BBC Radio Sheffield favourite Paulette Edwards. The 25th anniversary raffle was a great success, raising over £4,000. Winners have been contacted and we hope they enjoy their prizes!

“Thank You!” to everyone who came and we know a good time was had by all...and now we hope that carers, professionals and the general public will help us reach more of the 60,000 people in Sheffield who look after a loved one, so we can do even more over the next 25 years!



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**Acute Care Modernisation Programme** aims to provide an estate that supports the delivery of safe, high quality care - promoting timely access into and between services and bringing adult and older adult acute mental health wards into one location at the Longley Centre.

An information drop in session is taking place in the new year for staff, service users, carers and family members. **Hear about the latest plans from Sheffield Health and Social Care NHS Trust: Wednesday 15 January, 11am - 1pm at Mayfield Hub, Fulwood Tudor Building**

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**Managing Wellbeing Session, Sheffield IAPT: Tuesday 17 December, 6:30-7:30pm. 60 Norfolk Street, S1 2JB.**

Sheffield IAPT  
helping improve your wellbeing

NHS  
Sheffield Health and Social Care  
NHS Foundation Trust

**Feeling stressed, anxious  
or overwhelmed this  
Christmas?**

It's the most wonderful time of the year, but Christmas can be overwhelming and stressful for many.

If you're feeling that way, Sheffield IAPT is holding one off **Managing Wellbeing** sessions to learn techniques and tools to help you support yourself.

Dates:

- Tuesday 3 December 2019
- Tuesday 17 December 2019

Both sessions take place at 60 Norfolk Street, S1 2JB, between 6.30pm and 7.30pm.

Get in touch to book your free place  
www.sheffieldiapt.shsc.nhs.uk  
0114 226 4380

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### **Carers Centre opening times**

Services won't be operating on Christmas Day, Boxing Day and New Years Day only. The Carers Advice Line is available as usual on 30th and 31st (though not on 27th), but the Centre is closed to visitors between 25 December and 2 January.



**Healthwatch Sheffield** is working with the Carers Centre, Sheffield Young Carers and the Parent Carer Forum to find out about the experiences of carers in Sheffield when they go to the GP. *Do you find it hard to get an appointment? Does the doctor show understanding of your caring role and how it impacts on you? Do they link you to the right services to help you?* They want to hear about all this and more. Take the survey [here](#) or call (0114) 253 6688 for a paper copy.

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### **Sheffield Adult Safeguarding Partnership Annual Report 2018/19**

Watch a video version of their report [here](#) and find out more about Safeguarding and the work that is done to look after vulnerable adults and children [here](#).

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