

Welcome to the February 2020 issue of *Carers e-Bulletin!*

Got any feedback about Carers e-Bulletin!? Click 'Reply' and let us know. Don't forget you can access lots of services and information via our [website](#) or by phoning 0114 272 8362.

We are currently processing responses we received to a recent letter we sent to some people on the Carers Register, so if you told us you are no longer a carer, this will be the last thing you get from us.

Making hospital visits easier, using your Carer Card

Carers can now get a 15% discount in Sheffield Teaching Hospitals NHS Foundation Trust-operated food and drink outlets, which includes sites in Northern General, Royal Hallamshire, Jessop Wing and Western Park Hospitals. [Please check the list of the participating outlets here before visiting.](#) Carers will need to show their Carer Card to claim their discount. We're very grateful to Sheffield Teaching Hospitals NHS Foundation Trust for their generosity and for making it a little bit easier for carers when visiting their loved ones.



If you're a Carer Card holder, please consider asking local businesses to sign up to be one of our generous businesses offering carers discounts and offers. Whether it's your hairdresser, fruit and veg shop or even your local exercise class, getting more businesses on to the Carer Card helps us ensure we're providing carers with what they want and to get carers' contribution to be acknowledged and respected. [Click here for full details of the Carer Card.](#)

Resources for carers in over 100 languages!

Did you know that our website can be translated with 1 click of a button? The website has information about services for carers, local support groups, volunteering and job opportunities, and much more. Click the menu next to 'Accessibility' in the top right hand corner to choose the language you need: www.sheffieldcarers.org.uk



Share your experiences of services

Carers' experiences of accessing GP services. We're working with Healthwatch Sheffield, the Parent Carer Forum and Sheffield Young Carers to find out about the experiences of carers when they use GP services. [Complete the survey online here](#)

'Declare Your Care'. Whether you or the person you care for has a learning disability or long term illness, or your child has had an experience with care services, the CQC wants to hear from you about the care you've received: good or bad. [Read more and share your experiences here.](#)



Let's talk about Dementia: Monday 23 March

Healthwatch Sheffield and Sheffield Dementia Action Alliance are collaborating to host 'Let's talk about Dementia', an event to focus on the journey someone diagnosed with Dementia may take. They want to include lots of organisations, carers and people living with Dementia and will make the event as accessible as possible. Monday 23 March, 11am-3pm (lunch included) at The Circle, Rockingham Lane. [Click here to book your place](#) or phone Healthwatch on 0114 253 6688.

Ethical savings and loans in Sheffield

Sheffield Credit Union is a not-for-profit provider of savings and loans for local people, which might well be of use to carers. Unlike many other providers, it encourages members to build savings while they repay their loans. The Credit Union offers bill payment accounts and has recently introduced special loans to buy household goods like washing machines or fridges. Customers are 'members' so they can input into how the organisation operates. Credit Unions are regulated, and savings in them are protected by the FSCS. You can join [online](#) or in the office. Phone 0114 276 0787 (please leave a message), email admin@sheffieldcreditunion.com or visit the office at 16 Commercial Street, S1 2AT.



Mental Health events coming up...

Mental Health Hub - this Thursday. Does someone's mental illness impact on your life? If you're a carer, drop into our group this Thursday morning, 10.30-12 at the Carers Centre, Concept House, 5 Young Street S1 4UP. It's a welcoming place to share experiences and advice, or just chat over a cuppa!

Mental Health Hub

****This Thursday: 20 February****

3rd Thursday of the month

10.30 - 12 noon

Sheffield Carers Centre

Concept House

5 Young Street

Sheffield

S1 4UP

a monthly group for
carers of someone
with mental health
problems.

Support, friendship and
advice, plus
plenty of tea and cake!



The city's free yearly health checks for people living with severe mental illness is being discussed in a co-produced event hosted by NHS Sheffield Clinical Commissioning Group. They want to hear your thoughts and suggestions about these health checks. Refreshments and travel expenses will be provided. Thursday 27 February, 11am-1pm at Quaker Meeting House, 10 St James' Street, S1 2EW. You can [book a place online](#) or by calling 0114 305 1124.

Find out more about...

- [services for carers](#)
- [volunteering opportunities](#)
- [carer support groups near you](#)
- [our latest news](#)
- [donating to help us support carers](#)

As always, you can get advice, information and support through our Carer Advice Line 0114 272 8362 (Monday-Friday, 9am-6pm) or by emailing support@sheffieldcarers.org.uk