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## **Welcome to Carers News! #1 March 2020**

This is the first edition of Sheffield Carers Centre's online newsletter.

Dear Carer,

**We know that due to the spread of Coronavirus/Covid-19, this is a difficult and worrying time, especially for carers who are also thinking about the people they look after.**

**The first thing to say is: we're here and we will do everything we can to continue to provide support, information and advice to carers.**

We are currently planning what services we will be able to offer during this period of inevitable disruptions due to Coronavirus/Covid-19.

Our Carer Advice Line is currently available Monday - Friday 9am - 6pm by calling 0114 272 8362 and any carer who requires support, advice or information can get in touch.

**Sheffield Carers Centre will send another email next week to update everyone about the services we will be providing.**

If you're a carer registered with our charity, you will receive this every month and it will replace both *Connect!* - the printed newsletter we have sent out since 1994 - and the *Carers e-Bulletin*. We will also send the occasional email out for specific and time-critical purposes.

We will be led by the needs of local carers, so we want to hear your thoughts about this newsletter. Just click 'reply' to this email to send us your feedback.

We want to say a big 'Thank You' to around 700 carers who have given us their email address since we put the flyer with the last newsletter and followed this up with a letter. Some people may receive this email having already informed

through these by April.

Due to the circumstances, we hope that whether or not you are currently a carer, you will find the following advice and information useful.

## Coronavirus/Covid-19

[Find useful links to reputable advice, as well as information about our services, on our website here.](#)

Covid-19 is a new illness that can affect your lungs and airways. It is caused by a virus called coronavirus.

The symptoms are a cough, high temperature, shortness of breath - though these symptoms do not necessarily mean a person has the illness.

Following guidance from Carers Trust, we consider carers of those in the Government's 'at risk' group - those over 70, have a long-term health condition, weakened immune system or are pregnant - to also be vulnerable. Government advice for this group is changing on a regular basis [Click here to read more from the NHS website.](#)

**On Monday 16 March, the Government announced a range of advice that it's important to follow - especially for those at risk. [Read Government advice here.](#)**

It is important that we don't panic ourselves or other people. Part of that is by making sure that the information we read and share is from responsible and trustworthy sources. The Government web page about the Coronavirus and the NHS web page (above) are good sources of information.

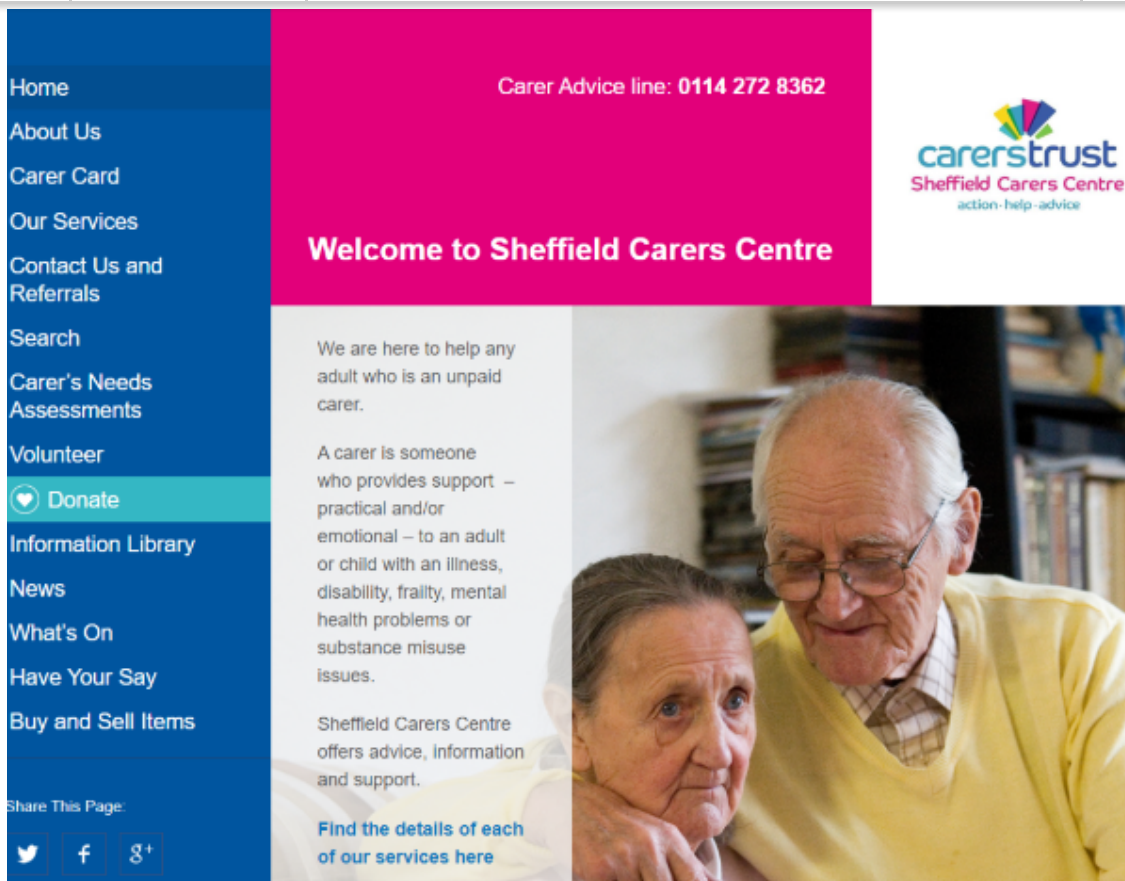
Looking after ourselves means following official advice. It also means we try to maintain good mental health during the Coronavirus/Covid-19 pandemic. Please follow the links on our website [here](#) that provide information on this.

Please remember that the Carer Advice Line is available for carers who need emotional support during the Coronavirus/Covid-19 pandemic: 0114 272 8362 [Keep checking here for service updates](#)

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## Welcome to Sheffield Carers Centre

We are here to help any adult who is an unpaid carer.

A carer is someone who provides support – practical and/or emotional – to an adult or child with an illness, disability, frailty, mental health problems or substance misuse issues.

Sheffield Carers Centre offers advice, information and support.

[Find the details of each of our services here](#)



[Visit our website for useful information and to share with others](#)

**If you or a friend/family member needs information in a language other than English, did you know our website translates into over 100 languages?**

**Click the menu by 'Accessibility' in the top right hand corner of the screen.**

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## Making Plans for an Emergency

It is important that all carers think about how to keep the people they look after safe and well in the event of them being unable to care, due to an accident, being unwell or some other problem.

[There are useful resources to help plan for an emergency here on our website.](#)

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## Looking after your mental health during the Coronavirus/Covid-19 pandemic

With lots of people advised to 'self-isolate', it's important to consider the impact of this on our mental health. Mind and the Mental Health Foundation both have



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## **'My Toolkit' launched by Sheffield Flourish**

My Toolkit is a clear and simple platform to organise the resources, ideas and actions that will help you to have better mental health. It was launched on 9 March and has been co-created with the community to complement the Sheffield Mental Health Guide.

You can create your own confidential space to put together ideas, services and activities that you're interested in which support your mental health. This space is then there for you whenever you need it, so you can find what you want more quickly. **Sign up and take a look:** <https://toolkit.sheffieldmentalhealth.co.uk/>

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# CITIZENS ADVICE Sheffield

Due to the impact of Coronavirus we are not opening any face to face services across the city. Please check on our website for up to date information about our services

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

**From Monday 23rd March 2020 until further notice you can get help by telephone:**

**Advice Line: 03444 113 111**

(Open Monday to Friday 10.00am—4.00pm)

**Consumer Service Helpline— 0800 04 05 06**

(Open Monday to Friday 9am-5pm)

**Sheffield Advocacy Hub - 0800 035 0396**

(Open Monday to Friday 9am-5pm)

**Help to Claim Helpline - 0800 144 8 444**

(Open Monday to Friday 8am-6pm)



Our partner Citizens Advice is providing telephone services instead of face-to-face/office appointments.

**CANCELLED:**

**Carer Action Plan (Young & Adult Carers) Review meeting: Weds 1 April, 10-11 at The Circle.**

You can keep in touch about the progress of the Plan by emailing: [Frazer.Kirk@sheffield.gov.uk](mailto:Frazer.Kirk@sheffield.gov.uk)

*Carers News!* is produced by Sheffield Carers Centre.

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Our Carer Advice Line is available Monday-Friday, 9am-6pm on 0114 272 8362 or by emailing [support@sheffieldcarers.org.uk](mailto:support@sheffieldcarers.org.uk)

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