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Welcome to the September 2020 edition of the **Carer's e-Bulletin!** We hope you are all well and enjoying the summer.

Did you know we also send out regular updates on social media? Give us a follow on [Facebook](#) or [Twitter](#) for the latest from Sheffield Carers Centre in between bulletins.

Don't forget you can also access lots of services and information via [our website](#) or by phoning **0114 272 8362**.

*Got any feedback about the Carers e-Bulletin!? Click 'Reply' and let us know.*

## COVID-19 and Carers

As we begin to see more places reopen with new safety measures in place, remember we are still updating the coronavirus (COVID-19) page on our website regularly.

You'll find the latest government updates, information relating to carers, NHS advice and links to local support services [here](#).

If there's anything else you'd like to see here, let us know.

## Information for carers and others about Coronavirus/Covid-19



We understand that carers might be worried about coronavirus (COVID-19), both for the people they care for and for themselves.

Below are some useful links to information, guidance and suggestions of how to minimise risks and make plans for how to deal with a changing situation – for you and for the people around you.

Our services are operating mostly as normal with our Carer Advice Line available as usual Monday-Friday 10am-4pm. Phone 0114 272 8362.

## Sheffield Carers Centre Services

### Carer Advice Line

Need support or advice with your caring role? Our Carer Advice Line is open **Monday - Friday, 10am - 4pm** (voicemail for messages at other times).

Call **0114 272 8362** to speak with a Carer Adviser about anything related to your caring role.

### Group Meetings For Carers

We are currently holding **online group meetings for carers** in and around Crosspool, Dore, Topley and Bradway, and Woodhouse, and there is also an **online General Carers Café** for any carers to join.

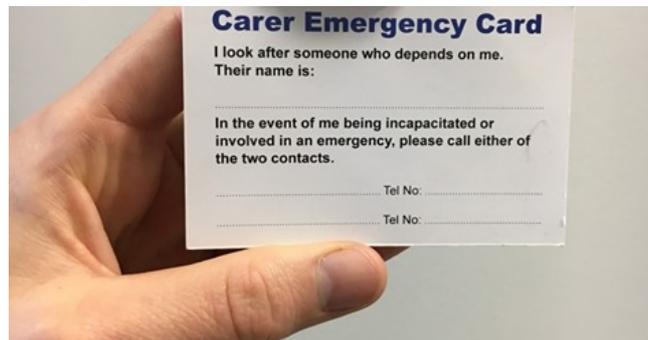
All groups are meeting twice a month, but for dates, joining details and questions about joining by Zoom, email [jan@sheffieldcarers.org.uk](mailto:jan@sheffieldcarers.org.uk)

If you'd like to meet other people in person, there is also a health walk around Lowedges, currently every Monday afternoon.

## Carers Cards

We have been busy posting out the **Carers Cards** that had been delayed due to the lockdown. We are also updating the directory and webpage with all the [Carers Card offers](#) that are still available since restrictions have been easing.

Keep an eye on our social media and webpage later this month when we'll begin to re-post the current offers.



## Emergency Planning for Carers

During the pandemic, carers have had to think even more about what would happen to the people they look after if the carer were unable to provide support or care.

You can download a copy of **In Safe Hands**, our emergency planning guide and form, to help you think through contingency planning. If you'd like to discuss it with one of our Carer Advisers, do call the Carer Advice Line.

Visit our [emergency planning webpage](#) for more information.

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## Other Useful Resources

### Dementia Information and Advice

Did you know about the up to date **local dementia information and advice** available to people with dementia and their carers? The main website for accessing information about what's available can be found here:

[Dementia support in Sheffield](#)

### Getting the most out of remote health care consultations

Healthwatch has produced some guidance on **remote health care consultations**. This includes tips for patients on how to get the most out of remote consultations.

[You can access their guidance here.](#)



## Videos for Carers of People with Learning Disabilities during Coronavirus

Surrey and Borders Partnership Trust has put together a series of videos to support the family and carers of people with learning disabilities during the coronavirus outbreak.

They cover topics like talking together about coronavirus, managing worry about illness, breathing, mindfulness and relaxation techniques and more.

You can watch their videos [here](#).

## Face Coverings

As you know, the government has introduced requirements to wear face coverings in some settings. Some people find it difficult to wear face coverings, so Sheffield Clinical Commissioning Group have developed some cards for people who find it difficult to wear a face covering or mask to use in healthcare settings to let staff know.

They are available to download [here](#).

## Kay Tomlinson



We are sad to announce the death of Kay Tomlinson, one of our longest serving volunteers.

Kay had been volunteering with the Carers Centre for almost twenty years. She was a familiar, welcoming face at the Carers Café, and previously helped at the carers group in Manor, the parent carer group at Birley and the mental health and working carers groups. She was also a keen member of the Carers Choir.

Kay made many friends amongst both staff and volunteers at the centre and she will be missed by us all.

## Other News and Updates

### COVID-19 Prevention and Management Board

Sheffield City Council have established a **COVID-19 Prevention and Management Board** to help prevent the spread of COVID-19 and control local outbreaks. One of the roles of the Board is to know what is happening in different communities and the issues that different communities are facing with COVID-19, including carers.

Email [office@sheffieldcarers.org.uk](mailto:office@sheffieldcarers.org.uk) or call 0114 278 8942 and speak with Pauline.

Find out more about the Board and the Sheffield Local Outbreak Control Plan [here](#).



### Call out for artistic submissions from carers and those receiving care

The University of Sheffield is calling for carers to create artistic submissions on their experiences during the COVID-19 pandemic. They are hosting a week-long digital exhibition in November, titled "I'll be here in the morning".

Submissions can include art, poems, short stories and more. [Find out how to participate here.](#)

### Have Your Say

There have been many changes to services as a result of Covid19, and there are several opportunities to have your say to inform plans for the future.

- **Covid-19 Rapid Health Impact Assessment.** Sheffield's Public Health team want to know about the different ways that the pandemic might have affected you, like loneliness, mental health, employment, access to services, and more. [Respond here.](#)
- Sheffield City Council would like your views about **short-term care for older people.** Typically, it is used when family members (unpaid carers) are temporarily unable to provide support, or need a break from their caring role. [Respond here.](#)
- Healthwatch Sheffield want to know about your **experience of leaving hospital during Covid-19.** [Respond here.](#)

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**Follow Sheffield Carers Centre on social media for the latest updates in between bulletins**



**Twitter Facebook**

#### Sheffield Carers Centre's online newsletter.

*As well as giving you important updates, 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 hope this information has been helpful! Please remember if you need support or have any questions at all you can contact us Monday - Friday 10am to 4pm on 0114 272 8362.

***From the Sheffield Carers Centre Team***

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

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During the Coronavirus (COVID-19) pandemic, the Carer Advice Line is available Monday-Friday, 10am - 4pm on 0114 272 8362 or by emailing [support@sheffieldcarers.org.uk](mailto:support@sheffieldcarers.org.uk)

No longer a carer or moved away from Sheffield? Please let us know by replying to [office@sheffieldcarers.org.uk](mailto:office@sheffieldcarers.org.uk)

You can update your preferences or unsubscribe from this list.