



Click for details
of the national
campaign >>>

Thursday 26 November 2020

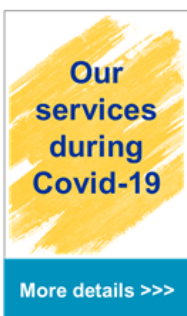
Whether you are a new carer or have been caring for someone for a while, we believe it's important that you understand your rights and are able to access the support available.

Carers need to know their rights wherever they are in their caring journey: whether they are in the workplace, in a healthcare setting, when interacting with professionals or at home.

The theme is 'Know Your Rights'

Your invitation to take part in our video for Carers Rights Day

We are joining forces with Sheffield Young Carers and the City Council to produce a short video with real examples of how carers have used their 'Carers Rights'. Our aim is to collect a series of clips (that you can take on your phone or laptop) from a diverse range of carers. We'll collate these into a video as part of our publicity for 26 November. Use the link for more details.



We're still supporting carers

Our aim is to provide the best service we can whilst ensuring our carers and staff are as safe as possible. We are continuing to offer many services and provide advice by phone, email or online. Please use the link on the left to visit our website or check our social media pages for more information. Or you can call our Carer Advice Line, which is open Monday to Friday from 10am to 4pm on 0114 272 8362.

Keep updated on Covid-19

We appreciate carers may be worried about the affects of Covid-19 on the people they care for and themselves. We're posting various updates on our Facebook and Twitter pages during the pandemic. Sheffield City Council also provides a range of very useful information on Covid-19 and other topics on SheffNews. Use the 'more details' link below the image on the right to take a look at this news and events website.

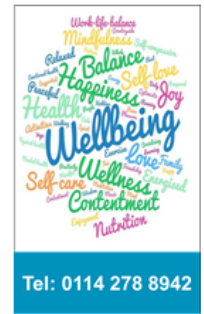


Check if you are eligible for a free flu jab this winter

Carers Trust are highlighting that carers who look after an older person or disabled person, as well as carers who receive Carer's Allowance, are eligible for a free flu jab. Protecting carers from the flu protects both them and the person they care for. Use the link on the left to visit the Sheffield CCG website for more information about eligibility and accessibility.

Free 'wellbeing' support session via Zoom on Thursday 5 November

If any aspects of being a carer are causing you stress, this free 2-hour session could help. As a carer do you sometimes feel overwhelmed by everything - or get irritated with the person you're caring for - or wish you could make your point more clearly? The session will be delivered on Zoom by our friends at Sheffield Mind, so for details and to book a place please call us.



Short-term care for older people

Sheffield City Council launched an online survey in July 2020 asking for residents' views about short-term care for older people. The results of the feedback can be seen by clicking 'more details' on the left. The information from this consultation will help the Council produce a short-term care strategy for older people. The strategy will help change and improve short-term care options across the city.

Some of our 'Carers Cafe' events are now being held online

The cafe meetings provide an opportunity to informally meet other carers, while having a cup of tea or coffee. We've adapted these popular events during the pandemic, with some now operating as virtual Zoom meetings. If you would like to join one of the cafes please email Jan, our Community Liaison Officer, who will provide more details: jan@sheffieldcarers.org.uk



Sheffield Carers Centre AGM on Wednesday 25 November

This year's event is a little different as it will be a virtual gathering held via Zoom. All our members will automatically receive details by email or post in the next couple of weeks. We'll also be adding some general information about the event on our website. Anyone wanting to attend will need to book a place in advance so we can send details, including how to join by Zoom.

Please help us by keeping your contact details updated

It's important for us to keep our carers register as up-to-date as possible. Please email or phone to let us know if there have been any changes to your contact details, or if you would like to be removed from the register as you are no longer a carer. You can also use the link on the right to contact us if you have any general enquiries about the help and support we provide.

