

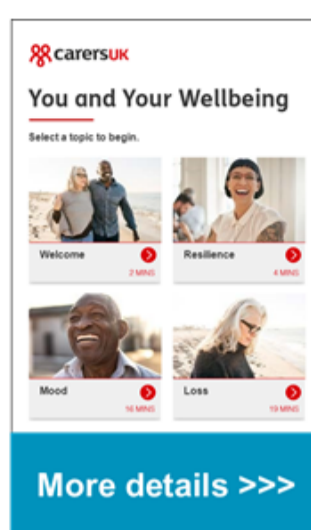
- Vaccine details from CCG
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- Free self-advocacy guide
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- Caring for Carers research
- NIHR want your advice
- Share your C-19 experience

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Useful vaccine information from the Sheffield CCG website

Vaccinations are being delivered according to priority groups identified by the Joint Committee of Vaccination and Immunisation (JCVI). Carers have been added as one of the priority groups, and we will share more information about what that means when plans are in place. In the meantime, everyone has been asked to wait until they receive an invitation to be vaccinated.



Free E-learning to help carers with physical and emotional welfare

With funding from the Bupa UK Foundation, Carers UK has developed a free E-learning course designed to help carers build strategies to maintain their physical and emotional wellbeing. The course is based around a series of slides with commentary and full of practical advice to help carers assess then make plans for their physical and emotional wellbeing.

Sheffield City Council advice and support for safe care home visits

We all know how important visits are for supporting the health and wellbeing of people living in care homes and their relationships with friends and family. The Council has provided an overview of how this should work in Sheffield. Use this link to visit the SheffNews website for more details about the information that has been sent to all care homes.



Practical advice for when people with dementia are having jobs

These tips were originally written for health and social care staff as well as carers, family and friends of people living with dementia, who are due to receive a flu jab. Although the Covid-19 vaccine is different the advice on making the experience, before and during the process, as relaxed and effective as possible is still relevant. Use the link to read or download the poster.



Updated guidance for unpaid carers on the Government website

Two sections of the website with guidance for unpaid carers were updated on 14 January. [Click here](#) to check the latest information for anyone in England who cares, unpaid, for a friend or family member. [Click here](#) for the latest guidance for people providing unpaid care to adults with learning disabilities and autistic adults.



New 'Singing for the Brain' sessions

This is a new online singing group for people with dementia. These free sessions are being held via Zoom and run every 2nd and 4th Wednesday of the month. Carers are welcome to join the group which is open to all ages and is a great way to enjoy group singing in a relaxed environment. The sessions start at 2pm and last around an hour. Use the link to read their poster and for details of how to contact the group

Our new guide to help carers maintain social connections

The aim of this guide is to help carers, and those they care for, maintain social connections during this difficult time of lockdown. It has a variety of ideas and examples that encourages carers to maintain their existing connections as well as try new some opportunities. Use the link for more detail and to download a copy, or call the office if you'd like us to post a free printed copy.



Help one of our volunteers research how the city is 'Caring for Carers'

One of our volunteers is a student at Sheffield University and is researching 'The everyday experience of informal carers in Sheffield'. She wants carers to comment on key topics like what support they receive now ... is it enough ... and what improvements could be made? Use the link for details and how to take part via the individual interviews that will be held on Zoom.



Our popular Carers Café is opening every Friday with some new times

The Café is a virtual get together on Zoom and a great opportunity to meet other carers, to share some experiences and have a short break from caring. **Due to popular demand the Café will now be opening at 10am and 2pm on alternate Fridays.** Use the link for the dates and times when it will operate in January plus details of how you can join in and visit the Café.



Ever been concerned about the driving of someone you care for?

'Devices for Dignity' are part of the NHS with a track record of developing innovative devices to aid healthcare. They are looking for carers that would like to give feedback on their plans for a new device that helps analyse how car drivers that are 'elderly' or have 'medical conditions' use their vehicles. The link has more details on how to be involved at the very start of this project.

Free CarersUK self-advocacy guide

Caring can be rewarding but also very isolating. You may not know what help to ask for, how to ask, or indeed who to ask. Self-advocacy is about being heard, as well as speaking up for the person you care for. Use the link to access this free guide from CarersUK that provides practical guidance on how to get your voice heard when you care for someone in what may well be complicated and challenging circumstances.



Share your story on the pandemic impacting on your life as a carer

"Seldom Heard Communities" is a documentary series, in collaboration with Sheffield Community Contact Tracers, about the hardships endured by marginalised groups of society during C-19. Their next episode will cover the lives of carers and the people they work with. We want to hear about Sheffield based carers experiences over the past year. Testimonies can be made anonymous.

