



## Welcome to Carers News! February 2021

This month's edition includes news about:

- Free Wellbeing Session
- More SCC online events
- Free 'Mind Plan' and advice
- Fairer For Carers campaign
- Free PPE for carers
- Vaccinations for carers
- Self Isolation information
- Census on 21 March 2021
- Homecare consultation
- Dementia Activity Packs
- Dementia Hero Awards
- Healthwatch Sheffield

Click on the image or links in the news for 'more details'

### Free 'wellbeing support' session to help carers on Friday 26 March

If any aspects of being a carer are causing you stress, this free 90 minute 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. Use the link for more details including how to book.



More details >>>

### Useful and practical information to help carers with self isolation

As the vaccination programme continues to be delivered to the priority groups, we should all still remember the importance self isolation plays in stopping the spread of coronavirus. Sheffield City Council has produced this very useful guide that is packed with advice and information, including the symptoms of coronavirus and help available for those self isolating during the pandemic.



More details >>>



### More Carers Cafe events and more support group meetings

Due to popular demand our 'Carers Cafe' now meets every Friday on alternate mornings and afternoons. Please [click here](#) for details of the times during February and March.

Our 'Support Group' events are also popular and a new (S11) group will be meeting on Thursdays. Please [click here](#) for information of dates and times for all the Support Group events.



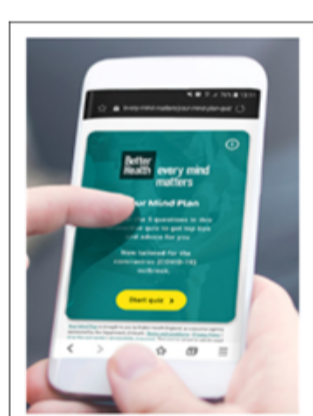
### The census is taking place on Sunday 21 March 2021

Taking part is important as the information helps inform decisions on services such as healthcare, education and transport. The Office for National Statistics (ONS) will post letters to households with an access code and instructions for this year's online questionnaire. Use the link for more detail and remember to look out for the question about 'unpaid caring' when you take part.

More details >>>

### Every Mind Matters: get your free 'mind plan' from this NHS website

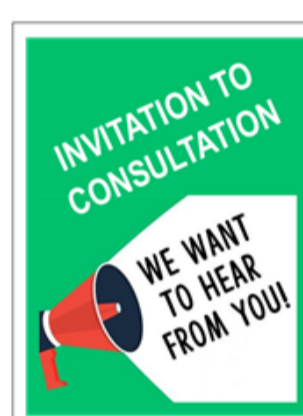
Public Health England's Every Mind Matters campaign helps people take simple steps to achieve better mental health. Just answer five questions to get your free NHS-approved mind plan, designed to help you feel more in control, deal with stress and anxiety, boost your mood and improve your sleep. The site also has expert advice and practical tips to help your wellbeing.



More details >>>

### Take part in the consultations to develop a new 'home care' plan

Home care is a vital service which supports, and directly impacts, thousands of people across the city. Sheffield City Council are developing plans for a new model of home care and want to talk to a range of people to 'check and challenge' and help refine their plans. Please use the link for more details and how you can share your views via one of the Zoom meetings in March.



More details >>>



### Campaign calling for fairer financial support to help carers

CarersUK has organised a campaign calling on the Chancellor of the Exchequer to act urgently and award a £20 per week supplement to carers entitled to Carer's Allowance. We want as many carers as possible to support the campaign by writing to your local MP which takes about one minute by using the letter template that can be accessed by clicking the link on the left.



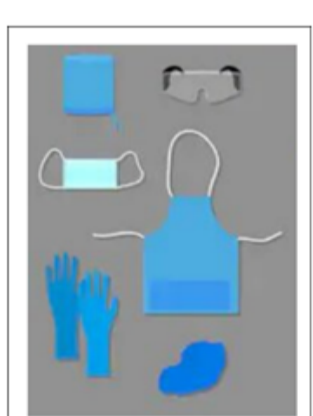
### Free activity packs designed to help people with dementia

The Age UK Sheffield website has a section with a range of activity packs that can be downloaded. Each pack contains activities that are ideal for care homes, carers or individuals. There are some 40 packs that form a great resource for carers to download and share with those they care for. Use this link to access the packs that are produced by Enrichment for the Elderly.

More details >>>

### Free Personal Protective Equipment available for carers until end of June

The Government's updated guidance for carers includes a new recommendation that free PPE is available to the end of June for carers who don't live with the person they care for. The Council is working with Sheffield Carers Centre and other partners to assess how many carers would like to access PPE. Use the link for details and how to let us know you are interested in having PPE.



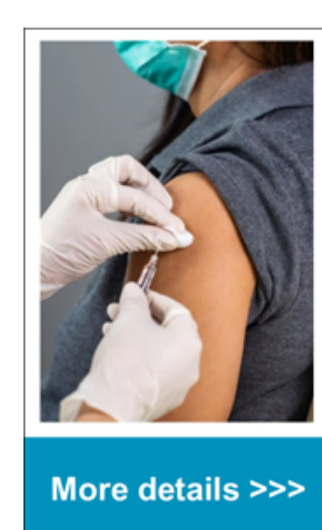
More details >>>

### Call for nominations for this year's Dementia Hero Awards

Nominations for the 'Dementia Hero Awards' are now open until Friday 5 March. There are many individuals and organisations working hard to support people with dementia in Sheffield, and these awards provide an opportunity for them to be recognised more widely. Use the link for more details including a list of the 11 categories and how to submit a nomination.



More details >>>



### Keep up to date with information for carers about vaccinations

The JCVI included unpaid carers in Group 6 of the vaccination priority list, although some may be in a higher group if over 65 or have certain medical conditions. We are clarifying details of the vaccination process in Sheffield to share on our website and social media pages asap. For now, please use this link to the Sheffield CCG website for information and list of FAQs.



### Healthwatch Sheffield report on the 'The Mental Health Journey'

Healthwatch Sheffield asked people living in the city to share their experiences of different mental health services and support they accessed. Use the link on the left to read the report about people's mental health journeys in Sheffield. It covers a range of issues to help us understand the individual experiences and includes some ideas on how to improve services.

More details >>>