

This month's edition includes news about:

- Vaccine information update
- Census on 21 March 2021
- Golf club's £5k fundraising
- MIND wellbeing session
- Useful PKW list of activities
- Free 'Keep In Touch' guide
- NTP workshop on 23 March
- LD workshops in March
- City Council Carer Survey
- Dementia Strategy Survey
- Help a local GP's research
- After having the vaccine

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



[More details >>>](#)

New page on our website about vaccinations for carers

We've launched a new page on our website to explain the roll-out of the vaccination programme for unpaid carers. This situation is developing quickly so we'll keep updating the page and suggest that carers use it to check for the latest information. We're also issuing a 'special bulletin' next week that will help 'unknown' carers check if they are eligible to book a vaccine appointment.



[More details >>>](#)

Free workshop about the Sheffield Neurodevelopment Programme

Are you a parent/carer of a child or young person with autism or other neurodevelopment need, such as Attention Deficit Hyperactivity Disorder? If so, local NHS organisations, the Council and the Sheffield Parent Carer Forum, are inviting you to their workshop to discuss and contribute to the Sheffield Neurodevelopment Programme. Use the link for details and to book a place.

The Census is on 21st March and question 24 asks about carers

The census is an opportunity to take a snapshot of carers in Sheffield and the rest of the UK, that can be used to make the case for more services for carers. Census 2021 has a specific question (Q24) on the provision of unpaid care. We want everyone that provides unpaid care to tick yes to Q24 and help build a better picture about carers across Sheffield. Use the link for more details.



[More details >>>](#)

The NHS Improvement Learning Disability & Autism Programme

This free online training is for family carers and has been designed to help carers identify signs that someone may be unwell and let them know what to do next. The workshop is only for carers of someone over the age of 16. Please use this link to the NHS website that has details of the 90 minute sessions that are being held at different times of the day to the end of March.



[More details >>>](#)



[More details >>>](#)

Golf club 'chip in' with fantastic £5,000 donation for carers

A big 'thank you' to Sickleholme Golf Club for raising an incredible £5,000 to support carers in Sheffield. The golfers chose to support Sheffield Carers Centre just before the country went into lockdown last March. Despite not being able to use many of their usual fundraising activities, the golfers overcame the challenges and raised this tremendous amount during the past year.



[Link to survey >>>](#)

Invitation to take part in the 2021 Sheffield City Council Carer Survey

The Council want to hear from people of any age who are unpaid carers for someone who lives in Sheffield. The consultation is seeking the views of carers now and over the longer term to help them collate experiences, opinions and ideas to make things better in Sheffield. **We encourage all carers to take part by using this link for details and to access to the survey.**

Free 'wellbeing session' by MIND to help carers cope with stress

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 Zoom session by Sheffield Mind is on Friday 23 April (2-3:30pm). Use the link for more details and to book a place.



[More details >>>](#)

Opportunity for carers to comment on the 'Sheffield Dementia Strategy'

In Sheffield, the NHS, Sheffield City Council, and voluntary and community organisations have been working together to improve the lives of people living with dementia as part of the 'Sheffield Dementia Strategy'. They now want people living with dementia and their families to give feedback on how their needs are being met. Please use the link to take part in the survey.



[Link to survey >>>](#)



[More details >>>](#)

PKW produce a new 'Activity List' with useful ideas for carers

People Keeping Well follows the principles of 'making every contact count' by encouraging and supporting the day-to-day interactions that organisations and individuals have with other people every day. This handy guide summarises a wide range of activities that are being held by various organisations across Sheffield. Use the link to read or download a copy of the guide.



[More details >>>](#)

Local GP looking for carers to help his research about Palliative Care

Dr Mark Walker is a Sheffield GP and a speciality doctor in Palliative Medicine in Chesterfield. As part of a research project he would like to speak to people with a life limiting illness, and a family member or carer, who have received care from a GP in an 'out of hours' setting. The project aims to understand the experiences of these people and improve the delivery of care at these times.

Our popular free guide with ideas for how carers can 'Keep In Touch'

The aim of this guide is to help carers, and those they care for, maintain social connections during lockdown. It has a variety of ideas and examples that encourages carers to maintain their existing connections as well as try new some ways to 'Keep In Touch'. 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.



Free guide to download or order by post

[More details >>>](#)

After you've had the vaccine please continue to be careful

Some NHS and Council videos are now available online that help explain what people need to do after their vaccine to help keep everyone safe. Some are in community languages and the NHS video [can be viewed here](#). There are also some posters about what to do after the jab under the 'vaccination tab' on the Council website that can be [viewed and downloaded here](#).



[Links in text >>>](#)