

This month's edition includes news about:

- Carers Week 2021 update
- Free 7-day Fitness Pass
- Vacancy at Carers Centre
- Calling all carers
- Breaks or breakdown
- Café & Groups update
- Free PPE for carers
- New Mental Health Guide
- Bereavement Support
- Tips on managing services

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

7-13 June 2021



'Make Caring Visible & Valued'

More details >>>

**Our thanks for all your support during 'Carers Week 2021'**

We're very grateful to everyone that supported this year's Carers Week from 7-13 June. It was certainly very busy, with lots of activities taking place to raise the profile of carers in Sheffield. The link goes to the special Carers Week page on our website as a reminder of the offers and events arranged for that week and we'll add updates of the results over the coming days.

**How we celebrated Carers Week with some outdoor events**

Our thanks to everyone that joined in the outdoor social events we arranged for Carers Week 2021. Over 30 individuals took part and gave us really good feedback. All were keen to do more outdoor activities, [so click here for details of some similar events in coming months](#); and use the image link for details of our virtual Carers Café on Zoom at 10am every Friday.



More details >>>

**Great offer for carers to use at the venues of Sheffield City Trust**

As part of this year's Carers Week campaign, holders of our 'Carer Card' can register for a free 7-day pass that gives access to the gym, fitness classes and swimming pools at Sheffield City Trust venues. [Click here for more details](#) of the offer which runs until the 30th June, or use the link below the image to visit the registration page on the Sheffield City Trust website.

**FREE 7-DAY FITNESS PASS**



More details >>>

**Free PPE for Carers**



More details >>>

**Free PPE for carers not living in the house of the person they care for**

The government has recommended carers who do not live in the same house as the person they care for should use PPE, which is available free for carers in these situations. To get free PPE call 0114 273 5665 and collect the PPE pack (face masks, shields, aprons, gloves and wipes) from the main family centres in the city. Use the link to visit our website for a list of the 7 centres.



More details >>>

**Great opportunity to join our team as Head of Operations**

New vacancy for an enthusiastic person with substantial experience of service management, ideally in a social care or health setting. This is a senior post with overall responsibility for the leadership and management of operations related to all services, projects and activities for carers. Use the link for more information about the position and the application details.

**Launch of the new Sheffield Mental Health Guide on 28th June**

Sheffield Flourish have launched a new website as a user friendly guide to some of the Mental Health Services in Sheffield. To celebrate, they are hosting a virtual workshop that will give a tour of the site along with the chance to ask the digital team any questions. Use the link for more details and to book a place on the free launch event next Monday 28th June.



More details >>>

**Do you know someone in a caring role that could be eligible for a job?**

As the vaccination programme continues to roll out we're supporting the campaign to 'get the job' to help keep Sheffield open. If you are a carer or know someone who is caring but hasn't had the job, please use the link below the image to visit the NHS website, then scroll down to the section on 'carers' for details of eligibility and how to book a vaccination appointment.



More details >>>

**Bereavement Support**



More details >>>

**The National Bereavement Service offer a range of support**

One of our colleagues at the Northern General Hospital has asked us to share some leaflets she has been recommending to provide practical and useful information for anyone in a pre or post bereavement situation. Click on the image to visit a page on our website where we've recently added links to all these leaflets (look for the section with June 2021 heading in pink).

**Breaks or breakdown**



More details >>>

**The impact of fewer breaks for carers during the pandemic**

This is a new report from Carers UK and shows the ongoing impact of the pandemic on carers. It explains 72% have not had any breaks from their caring role during the pandemic, and there are high levels of fatigue and stress, with 35% of people caring unpaid for family or friends feeling unable to manage their caring role. Use the link for a copy of the report on our website.

**Some tips from carers on managing services on behalf of someone else**

Need help to arrange services on behalf of the person(s) you care for? You can use this link to a page on the Carers UK website that has three factsheets based on carers sharing some of their experiences and giving tips on managing health matters, power of attorney, and dealing with services from banks to utility providers. These factsheets can be read online or downloaded.



Tips from carers

More details >>>