

This month's edition includes news about:

- Video from real-life carers
- 40% discount for carers
- Northern Powergrid service
- Rights of carers at work
- An Extra Pair of Hands
- Sheffield Women's Hub
- Carers Rights Day 2021
- Black History Month
- Two new practical guides
- Volunteer opportunities

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

**This short video has been watched by hundreds in the last few weeks**

Many people don't think they are carers and help relatives without using the services that reduce the impact of providing care. This short video features six unpaid Sheffield carers sharing their real-life experiences and advice. Although the carers are supporting people with dementia, their comments and the advice they offer is relevant to carers in many different circumstances.



[More details >>>](#)



[More details >>>](#)

**Launch of Sheffield Women's Hub on either 9th or 11th November**

The Sheffield Women's Hub (part of the Sheffield Equality Partnership) is a platform to engage women in shaping the services that impact their lives. It will support and empower women from across the city to have more of a voice, making the city's decision makers aware of the issues that affect them. Click the image for a free place at either the 'actual' or 'Zoom' launch event.

Featured Offer  
£18 per month

**40% discount gym & swim membership**

[More details >>>](#)

**Fantastic discount offered to carers at Sheffield City Trust venues**

Our Carer Card recognises and rewards the hard work of carers with offers on a range of activities, products and services. One of these offers is a fantastic discount on access to the 'gym & swim' facilities at venues run by Sheffield City Trust. Click on the image for more information on our website or [click here for the SCT website with details of eligibility and how to book online.](#)

**Note the date as we're planning a set of workshops for Carers Rights Day**

The main aims of this annual campaign is to help carers (1) be aware of their rights (2) know where to get help and support and (3) raise awareness of the needs of carers. Click the image to visit our website for more information about the campaign and the workshops we're planning, [or click here for a reminder of the activities and publicity we were involved with last year.](#)

25 November 2021

[More details >>>](#)

**Free 'Priority Service Membership' to help support vulnerable people**

Northern Powergrid has produced a new energy efficient guide packed with tips to help you save money, reduce waste and stay safe at home, and can be read by clicking on the image to the right. [Click here to watch a 2-min video explaining their free 'Priority Service Membership'](#) that can provide carers and others with unique needs a quicker way to access support.



[More details >>>](#)



[More details >>>](#)

**Upcoming events that help celebrate this 'Black History Month'**

October is Black History Month in the UK and gives everyone an opportunity to share, celebrate and understand the impact of black heritage and culture. Click the image for information about a range of activities in Sheffield during the month; including an African-Caribbean market at Fargate from 25-30 Oct with a wide range of stalls plus live entertainment and much more.

[More details >>>](#)

**Check out these factsheets about the rights of carers at work**

The Carers Trust website has an excellent series of factsheets for carers looking to get back into work or already in work. Developed as part of the Working for Carers project; there are some references to carers in London, but the details are useful for carers across the UK. The topics include *Balancing Work & Caring* plus *Carers Rights at Work* along with many others.

**Two guides have practical tips to help carers of people with dementia**

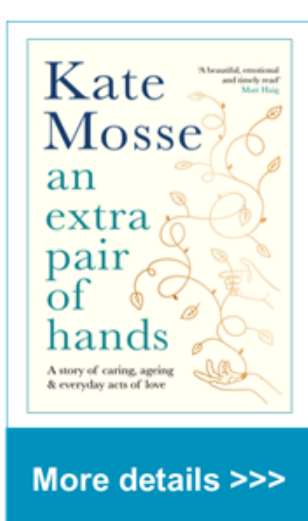
We've added two new guides to the 'Caring For Someone With Dementia' page on our website. One is the *Dementia Friendly Home Checklist* produced by Age UK and the other is called *Keeping people safe from trips and falls* from SYDAA. Scroll down our web page for the guides with practical ideas for carers to consider as options to use around the house.

**New Guides**

[More details >>>](#)

**The Reading Agency and Wellcome Collection are supporting carers**

The Reading Agency and Wellcome Collection invite carers of adults to take part in a campaign (by 22 Oct) recognising the tremendous work of carers. You can receive an extract from *An Extra Pair of Hands*, Kate Mosse's account of caring for her father, mother and mother-in-law, plus a discussion guide and writing activity to help carers share their feelings and experiences.



[More details >>>](#)

**Volunteer opportunities**

[More details >>>](#)

**Volunteer opportunities that help us make a real difference to carers**

As a small organisation, receiving input from volunteers benefits us enormously and a little of your time goes a long way to help us support unpaid carers in Sheffield. Use the link for details of some new volunteer opportunities with our 'Community Connect Telephone Befriending Service' and 'Communications Administration'. You can help us make a real difference.