



Carers in Sheffield

newsletter

SEPT 2015 | ISSUE 011

Carers Week



Volunteer Elaine with a carer at our Carers week Café. This photograph was taken by Lisa Hands and was tweeted by Sheffield City Council as part of their marking of Yorkshire Day!

The theme of this year's Carers Week was 'Creating Carer Friendly Communities', and staff and volunteers from Carers in Sheffield spent the week working hard to make that happen.

We were out and about in the city centre talking to people about our services, with tea and cake in the Cathedral. We held information stands in the offices of some of the biggest employers in the city, such as HMRC, Sheffield City Council, the Home Office, Sheffield Hallam University and some branches of Sainsbury's.



Jan, our volunteer co-ordinator and Gloria, a volunteer, staff an awareness-raising stand at Sainsbury's.

Caring for Carers Awards



Some of our Award winners with the Lord Mayor of Sheffield, Cllr Talib Hussain.

We also held the Carers Centre Caring for Carers Awards in the Town Hall where a record seventeen awards were presented by the Lord Mayor to professionals who were nominated by carers for having been especially helpful to them in their caring roles.

Thank you to everyone who took part in the week's events



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Goodbye to Janet



The Carers Centre was greatly saddened in June to learn that Janet Grahame, one of our long-standing trustees, had died.

Janet had been involved in our work since the first meeting held in Sheffield to discuss the possibility of setting up a Carers Centre in 1993. Janet had been a carer for her mother, and before retirement had set up and managed the South West Area Sitting Service (for carers of older people). She was very committed to the voluntary sector, and involved in the work of Disability Sheffield Centre for Independent Living, and the South Yorkshire Community Foundation. She had been a Board member of Voluntary Action Sheffield and on the

Executive Committee of the Friends of the Botanical Gardens.

Always supportive of the work of the Carers Centre, Janet found the time, despite her many commitments, to be

Vice Chair of the Board of Trustees and to chair the Centre's Human Resources Committee, interviewing nearly all of our current staff over the years. We particularly valued her experience, compassion and commitment as Chair of the Time for Me Carers' Breaks Fund panel.

Janet's involvement in the Carers Centre was also hands-on, including support for our fundraising activity, creating cards and crafts for us to sell, and volunteering to help us deliver carers' services such as carers' breaks.

Despite her own health issues, Janet Grahame was an inspiration to staff and volunteers. She was always encouraging and supportive with plenty of common sense and a wicked sense of humour. She was a very special lady who will be very much missed.

Carers Centre fundraising news

Acorn Amble raises funds for the Carers Centre

On a scorching day in June, 74 walkers walked 22.5 miles from Castleton to the Acorn Inn at Burncross. This is an annual walk organised by the Acorn Inn and most of the walkers are locals and do it every year. They had chosen to raise money for the Centre and for a charity supporting those with EDS (www.ehlers-danlos.org). Some carers who we're in contact with took part in the walk too, which was wonderful, and they thoroughly enjoyed it – thank you so much to everyone who took part.

It was a fantastic atmosphere with each walker receiving a huge round of applause as they arrived at the finish line, and presented with a well-earned pint and a hog roast. Staff and volunteers from the Carers Centre were



there to say thank you to all the walkers and have a chat with them about the support available from the Centre.

Carers Week fundraising

Thank you to everyone in the **HMRC** offices in Concept House who helped us to raise over £100 for the Carers Centre during Carers Week, buying a wide selection of lovely cakes and biscuits baked by our talented volunteers and staff.



Also, Many thanks also to all the members of **Millhouses Community Choir** who donated £183 to the Carers Centre from their summer concert and to the **Sheffield Mutual Community Fund** which awarded a grant of £250 to the Carers Centre, which helped fund a carers' summer outing to Cleethorpes.

Do you want to be involved in planning Sheffield's carers services?

Emma Dickinson, Commissioning Manager for Carers at Sheffield City Council writes...

We are continuing to write our carers' strategy with carers. Thanks to those of you who have already got involved and if you haven't yet, it's not too late. We want to give all carers the opportunity to contribute to this process.

Your views are helping us determine what the priorities are for carers who live in Sheffield.

Do you want to help?

To help you can:

- Contact us using the details below saying what you think about the key messages below
- Contact us using the details below to tell us about your own caring situation;
- Complete our Carers Questionnaire which is enclosed with this newsletter.

We know caring is time-consuming and appreciate any help you can give.

Key messages

You have told us that these things are important you:

- Support to help me identify myself as a 'carer' at an early stage;
- The caring role I do should be valued and appreciated within my community;
- I don't want to be in financial hardship because I'm a carer;
- Good information and advice early and when I need it so I can navigate the health and social care system and understand what support and services are available to me;
- Timely communication when there are changes to services or the law e.g Care Act;
- Good advocacy, legal and financial advice to help me make decisions;
- Time for a break (with or without the person I care for) – so I can be someone other than a carer;
- Employers, local services, colleges and schools are flexible and understand the issues that affect me as a carer;

- Time and support to manage my health needs e.g. priority GP appointments;
- Joined up services – so I don't have to tell services the same story again and again;
- Support to plan for emergencies, so I don't worry about the person I care for if anything happens to me e.g. accident;
- My caring role can be lonely;
- Professionals listen to me, recognising, valuing and respecting my role as a carer;
- Trust and reliability in services and staff for my family member will help me.

Contact details:

Email: carers@sheffield.gov.uk

Letter: Emma Dickinson,
Commissioning Manager for Carers,
Floor 9, West Wing, Moorfoot Building,
Sheffield S1 4PL

Tel: 0114 273 4746

Blind Veterans UK

When someone loses their sight, the effects can be devastating for the whole family, especially without the dedicated care, support and services to help them adjust.

Blind Veterans UK believes that no one who has served the country should have to battle blindness alone. That is why Blind Veterans UK provides free and lifelong support to vision impaired veterans and those who care for them.

The organisation provides support and services to the whole family through its team of welfare officers, offering practical and emotional support and equipment to

help carers provide the best support possible for those affected by sight loss. It also offers respite to carers and veterans, as well as recreational and social activities.

Blind Veterans UK has three centres, in Sheffield, Llandudno and Brighton, offering rehabilitation and training and other support to help families cope.

The charity is reaching out to the tens of thousands of ex-Service men and women who are now battling severe sight loss, who could be eligible for support but who currently do not realise it. It doesn't matter when or how a veteran lost their sight, or when they served, Blind Veterans UK can help. If you care for a

veteran with sight loss, or know someone who does, request Blind Veterans UK's free, lifelong support at www.noonealone.org.uk or ring **0800 389 7979**.



In Safe Hands – planning for an emergency

In an emergency, as a carer you have the additional worry about what will happen to the person you care for.

If you are ill or have an accident, would anyone know there was a person in need of care? Who would take over their care and how would they understand their specific needs? You need to know that should this happen, alternative care arrangements can be put in place quickly and efficiently. In August, Carers in Sheffield introduced a new service designed to help you with this.

Our 'In Safe Hands' scheme will help in just this situation, guiding you to create an emergency plan, with arrangements which can be quickly put in place for the person you care for if, for any unexpected reason, you are unable to provide care yourself.

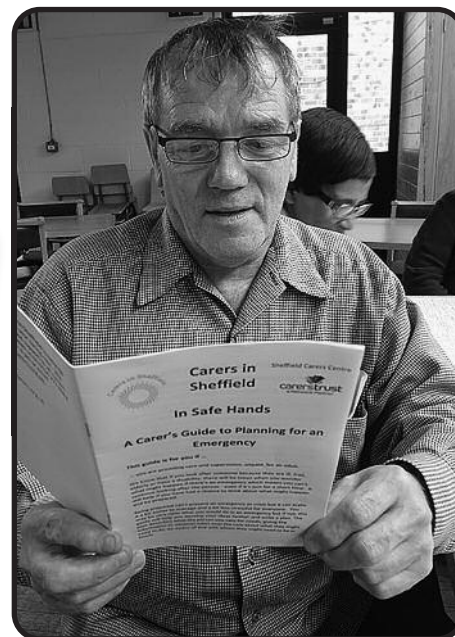
You can request a guidance booklet and emergency plan or can download them from the Carers in Sheffield website. You can then fill in the plan, which provides a detailed picture of the person you care for and their care needs. You can describe physical care needs, and

important information such as the name they prefer to be called, whether any help is required with a pet, or how they enjoy spending their time. The plan also provides contact details of key people involved in their care, such as GP or social worker.



Once the plan is completed, you then contact the Carers Centre to ask for your emergency cards. These are filled in and carried in a place they could easily be found in an emergency. The credit card-sized card provides names and telephone numbers of the people who have agreed to respond in an emergency, ensuring that vital help and support for the cared for person continues to be provided by someone who understands their needs and is aware of the emergency plan. It also includes the

telephone number for Social Services who can be contacted as a back-up plan in the event of any difficulties getting hold of the emergency contacts.



If you would like to find out more about 'In Safe Hands' please visit www.sheffieldcarers.org.uk or contact the Carers Centre on 0114 278 8942. The Centre can also support you if you need some help completing the form.

Home Library Service

**Joanne Parkes,
Library Information Officer writes...**

Do you know of anyone who has health issues or mobility problems but loves books and reading, enjoys watching films and listening to music or likes doing jigsaw puzzles? Then the Home Library service can help.

We are a free service available to anyone living in the Sheffield area who may not be able to access their local library – perhaps because of difficulties with mobility, health problems, or

because they are recovering from surgery.

We visit people in their own homes and deliver a very personal service. Our staff will select items based on customer's individual preferences and deliver them on a monthly basis. Requests can also be made for specific titles with no extra charge.

We have books in large print, hardback, paperback, audio books in cassette and CD format, a good range of DVDs and music CDs and a large collection of

jigsaw puzzles. We also deliver hearing aid batteries when required.

Our staff are friendly and helpful, and will do their best to ensure customers receive what they ask for each month. Always time for a smile and a friendly chat, they will offer support in any way they can to each person they visit.

For more information please telephone 0114 273 4277 or email mobileservices.library@sheffield.gov.uk

Carers and Council Choir



A couple of months ago carers and volunteers were invited to join the 'Council Choir' which meets every Monday from 12 noon to 1pm in the Moorfoot Building.

This has been really enjoyable and carers have told us how relaxing and therapeutic it has been!

We are hoping to recruit even more carers to join the choir when it restarts on Monday 7 September in time to learn

a few songs to perform at our Christmas Carers Café!

There are no auditions and no 'quality control', and you don't have to come every week, just come when you can and enjoy yourself!

If you would like to join, or would like more information, contact Jan on Sheffield 0114 278 8942 or email jan@sheffieldcarer.org.uk

NB there is a small charge of £2 per session payable to the choir organiser.

Do you ever wonder about studying (again)?

Whatever age you are; whether it's always been a dream to go to university, or you've previously done a degree and fancy the idea of doing it again, Sheffield Hallam University are keen to reduce the number of obstacles for you to be able to do so. It may seem like the last thing you could do on top of caring for someone at home. But if you like the idea of learning something new, but aren't sure how it would work alongside caring, or how this would financially impact on you or your family, why not come along for a 'Carers Student Open Day'. There would be absolutely no obligation to apply to university after this – it is simply a day to ask the questions and see if it might be right for you.

Programme for the day

- a chance to discuss balancing caring and studying and any immediate concerns about that, with a carer support and information worker from Carers in Sheffield. You will also be able to meet other carers who are thinking about university.
- a talk led by a student advisor from Sheffield Hallam University, specifically aimed at carers. This will primarily cover what Student Services can offer to carers, and how studying might impact on you financially. Sheffield Hallam are very happy to take ideas of what you would find useful during this discussion so please do let us know any particular questions you'd like to ask.
- a look round the university, and an opportunity to find out more about the subjects you're interested in.

The upcoming open days are:

- | | |
|-----------|-------------------------------------|
| Sunday | 4th October (all courses) |
| Saturday | 17th October (all courses) |
| Wednesday | 21st October (postgraduate courses) |
| Sunday | 1st November (all courses) |

If you would like to come to one of these days, it is essential that you let us know so that we can plan suitably. Please contact Rosie in the Carer Support and Information Team, on 0114 272 8362 or rosie@sheffieldcarers.org.uk to discuss further.

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 6 Shirley House, 31 Psalter Lane, Sheffield, S11 8YL

What can Carers in Sheffield do for you?

A number of carers have told us recently that they don't know about some of our services, so here's a reminder of what we do!

Welcome Booklet

Every carer who joins our carers register receives a free Welcome Booklet with details of our services and other information about being a carer. If you would like an updated copy, please contact us.

Regular Newsletter

This Newsletter is sent out four times a year to every carer on the mailing list - either by post or email. We currently have over 7,800 carers on our mailing list, receiving the Newsletter plus another 1,000 professionals. We are always happy to receive articles relevant to carers for consideration for publication. If you would prefer to receive your copy by email, please let us know.

Carers Support and Information Line

We have a dedicated team who can give you lots of information and advice about anything related to your caring role, or they can provide a sympathetic listening ear. This service is completely confidential and is available 9am – 6pm every weekday on 0114 272 8362.

Online services

We have a website at www.sheffieldcarers.org.uk with a frequently updated range of news and information about what is happening for carers in the city, sources of help and lots more. We also now have a Facebook page and a Twitter stream (follow us at @SheffieldCarers)

Carers Cafe

The Carers Café is held every month at the Central United Reformed Church on Norfolk Street. The Café is an opportunity to meet other carers and staff and volunteers from Carers in Sheffield to share experiences and information. At some Cafés there are visiting speakers

and information stands. You are welcome to bring the person you care for to the Café.

Support Groups

We run monthly support groups in a number of localities in the city – Woodhouse, North Sheffield (Ecclesfield), Sheffield 6 (Hillsborough), Darnall, Manor Library, Stocksbridge and Lowedges.

We also run specialist support groups, including groups for working carers (held on Saturday mornings), carers of someone with a mental health problem and for carers of adults with learning disabilities, Pakistani and Somali carers.

Buddying scheme

This scheme brings together groups of carers in a similar situation so that they can contact each other when they might value a friendly voice. We have run these informal groups in a local coffee shop with a few activities to break the ice, and a number of small self-running groups have developed following the initial meeting.

If you would like this sort of support, please contact our Carer Support team on 0114 272 8362.

Time for Me carers' break scheme

This scheme can offer carers a grant of up to £200 to fund an activity, holiday or piece of hobby equipment – anything which will enable the carer to get a break from their caring role. The main eligibility criteria are the carer and cared-for person are both adults, that the carer cares for 35 or more hours per week and has not had a grant from the fund in the last 12 months. For more details, please contact Emma on 0114 354 0158.

Legal advice

These free sessions, run in partnership with Wrigleys Solicitors, give carers an

opportunity to speak to a solicitor for 30 minutes about any aspect of personal law – Enduring Power of Attorney, Wills, Trusts and similar topics. For an appointment, please ring our Carer Support team on 0114 272 362.

Information and Training events

These are offered regularly on subjects such as first aid, moving and handling, mental health first aid and other topics. There are also a number of information sessions of particular interest to carers of adults with learning disabilities. Our Carers Toolbox course provides support and information to help, through exploring ways to increase personal wellbeing and health and achieving a balanced lifestyle. The course includes understanding emotional wellbeing, taking positive steps to look after & plan for yourself, budgeting, managing stress and increasing self esteem.

In Safe Hands

This is a new service offering carers some piece of mind by giving them a card which they can carry to identify themselves as a carer should they be involved in an emergency. The card carries details which will help ensure that the cared-for person is looked after until the carer is able to resume their role. For more information, see the article on page 4

Remember – this list isn't exhaustive! Please remember to check our website for up to date information or call our Carers Support and Information workers on 0114 272 8362 if you think there is anything we can do to help you! Dates for forthcoming meetings and events are on the What's On section of this newsletter, on page 8.

Carers in Sheffield supporting younger adult carers

Sheffield Young Carers Project (SYCP) and Carers in Sheffield are working together to support carers aged 16-25 in the key transition time as they move into adulthood, and from education into employment

SYCP is working with local apprenticeship and training providers to raise awareness of the needs of young carers wanting to move into employment and training. The Project has had some very positive responses from providers who are keen to support young carers, for example by providing flexible hours or part-time apprenticeships. SYCP is planning an Apprenticeship Information Day in October. If you are interested, please contact Kath Fitzpatrick, 0114 258 4595 or kath.fitzpatrick@sycp.org.uk

New funding

The Carers Centre has recently bid for funding to develop our work with younger

adult carers. Our grant from Carers Trust of £5,000 will be spent on strengthening links with employers and education providers and increasing their awareness of challenges facing carers which may prevent them getting into work or education.

We'd also like to spend some of this money on offering training sessions in autumn 2015 to people aged 18-25 for advice about benefits, education, work, and how to combine these with a caring role. We are keen to hear from younger carers what they would find most useful for example social activities, advice about applying for jobs or apprenticeships, advice about benefits, online blogs or a Facebook group?

Please give us your ideas by sending an email to support@sheffieldcarers.org.uk Please also send us your email address if you would value information on these events as they come up and we will then contact you with details and further information nearer the time.

Alternatively, you can regularly check our website – www.sheffieldcarers.org.uk

University of Sheffield's Young People's Living Library Event

This event is an exciting opportunity for young people to share their stories with student social workers in small, comfortable groups, to give the students more understanding about issues affecting young people and to directly influence future social work practice.

Younger adult carers who attend will also have the chance to have a tour of the University of Sheffield and hear the university students' stories too. If you're aged up to 25, and interested in attending, please contact Laura Selby at Sheffield Young Carers on 0114 258 4595 or laura.selby@sycp.org.uk

Carers' Hub

Adele Robinson, Social Justice and Inclusion Manager at Sheffield City Council writes...

The Carers' Hub is part of the city wide Equality Hub Network. The Network aims to increase the voice and influence of people who face additional barriers to getting involved and so are often under-represented when we ask for the views of people in Sheffield.

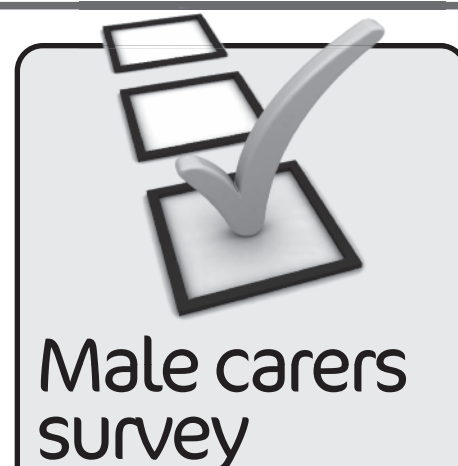
At the next meeting of the Carers' Hub we will be discussing our priorities and selecting a committee/organising group for the Hub, The meeting will be held on **Wednesday 11 Nov, 10am to 12 noon**, at **Sheffield Town Hall**. So far these are the priorities people have identified:

- *Hidden carers*
- *Social inclusion (carers having a life of their own)*

- *Impact of change (e.g. systems, processes, government)*
- *Recognition of carers by services / professionals – communication and training*
- *Support for carers – having the right support in place*
- *Employment*

If you want to have your say or want to be on the organising group you can come along to the meeting or e mail us at equalitiesandinvolvement@sheffield.gov.uk Please put Carers' Hub in the subject line. For more information, you can go to

www.sheffield.gov.uk/equalityhub and click on '**Carers' Hub**' or any other hub you are interested in. Alternatively you can telephone Equalities and Involvement on 0114 273 5861.



Male carers survey

Many thanks to all the male carers who returned the survey included in our last Newsletter. We are currently analysing all the responses we got and will print a summary of what you told us in our next edition.

The draw for the gift voucher has now made and the lucky carer, who lives in Sheffield 13, has received his prize.

What's on for carers

Carer Support Groups

These are available in different locations across the city and provide an opportunity for any adult carer of an adult to meet with other carers for support and information.

Please note: December dates may be Christmas lunches-please ring for details

Manor Carers Group

Manor Library, Manor Top
Wednesdays 7 Oct, 4 Nov, 2 Dec
10.30 - 12.00 noon

Lowedges Carers Group

Terminus Café, Lowedges Road
Tuesdays 13 Oct, 10 Nov, 8 Dec
10.30 - 12.00 noon

Darnall Carers Group

Church of Christ, Station Road, Darnall
Tuesdays 22 Sept, 27 Oct, 24 Nov,
22 Dec 10.30 - 12.00 noon

North Sheffield Carers Group

Ecclesfield Support Unit on Wordsworth Avenue
Wednesdays 14 Oct, 11 Nov, 9 Dec
7.00 - 9.00pm

Woodhouse Carers Group

Salvation Army Hall, Tannery Street
Wednesdays 14 Oct, 11 Nov, 9 Dec
10.30 - 12.00 noon

Stocksbridge Carers Group

Stocksbridge Library
Wednesdays 14 Oct, 11 Nov, 9 Dec
1.00 - 3.00 pm

Sheffield 6 Carers Group

Hillsborough Arena, Middlewood Road
Thursdays 24 Sept, 22 Oct, 26 Nov,
no Dec date 10.30 - 12 noon

Carers Café

Central United Reformed Church,
Norfolk St, Chapel Walk, S1
Fridays 11 Sept, 9 Oct, 13 Nov, 11 Dec
10.00 - 12.00 noon

Carers' Clinic by appointment only at:

Darnall Primary Care Centre,
290 Main Street
Wednesdays 7 Oct, 4 Nov, 2 Dec
10.00 - 12.00 noon

Support for working carers

Working Carers Group

NB this venue may change, please ring for details: Dog & Partridge Public House, Trippett Lane, S1
Saturdays 19 Sept, 17 Oct, 21 Nov,
19 Dec 11.00 - 12.30 noon

Support for mental health carers

Mental Health Carers Support Group

Sheffield Carers Centre, Concept House,
5 Young Street, S1
Thursdays 17 Sept, 15 Oct, 19 Nov,
17 Dec 10.30 - 12 noon

Support for Asian Women Carers

Peer Support Group

Roshni, 44 London Road
Roshni runs weekly peer support and monthly group sessions for Asian women carers. For more details, please contact Roshni on 0114 250 8898 or 0114 258 0220.

Support for Pakistani Carers

Carers Support Group

Thursdays 10 Sept, 8 Oct, 12 Nov,
10 Dec 10.30am - 12 noon.
PACA also run other activities for women such such as chair aerobics, dance and movement and zumba, which may be of interest to carers.
All events at PACA, 127 Page Hall Road, S4 8DU.

For more information, please contact Rhona Sanders on 0114 261 9130.

Support Groups for Somali Carers

Drop-in session

Maan, 8 Paradise Street, Sheffield 1
Every Monday afternoon 1.00 - 3.30pm

Support groups for women carers

The Furnival, 199 Verdon Street, S3 9QQ
Every Tuesday, 10.30am - 12.30pm (except school holidays – pampering, aerobics and workshops on key topics decided by the carers)
For more information, contact Maan on 0114 275 8556.

Support for carers of adults with learning disabilities

These groups are run by the Sharing Caring Project at Sheffield Mencap & Gateway. The groups are all fairly informal and relaxed with lots of opportunities to exchange ideas and information and support each other. Most involve lunch or buns and the person you support will also be made welcome.
Please ring 0114 275 8879 or email scpoffice@sheffieldmencap.org.uk for more details

West Carers Support Group

Wadsley Jack Pub, Rural Lane, S6
Mondays, 21 September, 19 Oct,
16 Nov, 14 Dec 12 noon – 2.00pm

North Carers Support Group

Travellers Inn, Ecclesfield
Tuesdays, 15 Sept, 20 Oct, 17 Nov,
15 Dec 12 noon - 2.00pm

Central 'Butty' Support Group

Sheffield Carers Centre, Concept House,
5 Young St, S1.
Tuesdays, 22 Sept, 27 Oct, 24 Nov,
8 Dec 12 noon - 2.00pm

South East Carers Support Group

Fairways Pub, Birley Lane
Thursdays, 24 Sept, 24 Sept, 29 Oct,
26 Nov 12 noon - 2.00pm

Pakistani Women Carers Group

Centre for Life, on Firth Park roundabout. Carers bring their lunch and we provide a variety of activities and speakers.
Every other Wednesday, 12 noon - 2pm - but not during Ramadan.
(Please ring for dates)

For more information on any of these groups contact Jan at the Carers Centre on 0114 278 8942 (except where indicated).

What's on for carers cont.

Young Families (16-25) Support Group

This re-launched group is aimed as an opportunity for family carers to swap information and ideas and to support each other through the transition from children to adult services. There will be speakers at times on a range of topics depending on what group members ask for.

The group will usually meet on the second Thursday of every month and will alternate between morning meetings and evening meetings. The evening meetings will coincide with Sheffield Mencap's Fitness Fanatics group that young people will be welcome to try whilst their family carers meet together, provided it is appropriate to their needs.

Daytime meetings: 10.30 to 12.30 at Sheffield Carers Centre

Thursday, 8 October, 10 December

Evening meetings: 6.30 to 8.00pm at Sheffield Mencap & Gateway

Thursday, 10 September, 12 November

Information Sessions

These sessions are offered by the Sharing Caring Project and are open to any carer but will be of most interest to family carers of people with learning disabilities/autism. To book a place, use the links below, or call 0114 275 8879 or email scpoffice@sheffieldmencap.org.uk

Carers Clinics at Norfolk Lodge

Appointments between 10.30 and 12.30 on **18th September, 30th October** and **4th December**

Every six weeks family carers have the opportunity to have an individual discussion with senior managers from Sheffield Health & Social Care Trust or Sheffield City Council Learning Disability Services about issues relating to the care and support of their relative at the Carers Clinic. If you can't make it in person, then we can arrange a phone conversation for you or find some other way to help. Please contact Dalia or Kirsty at Sharing Caring for an appointment. If your issue is urgent, we can help you arrange to speak with someone sooner.

Top Tips to Prepare for Adult Social Care Assessments

Thursday 24th September 6.30pm to 8.00pm OR **Friday 25th September** 10.30am to 12.30pm

During assessments, sometimes it can be hard for family carers to remember all they do to support relatives simply because they've been doing it all their lives already and it is just their 'normal'.

This will be a practical session that focuses on helping family carers to understand how the adult social care process works and share top tips to help people feel more prepared and ready for assessments, hopefully to help processes move more smoothly.

To book directly on to the DAYTIME session go to <http://toptipsasccdaytime.eventbrite.com> to book directly on to the EVENING session use the following link: <http://eveningtoptipsasc.eventbrite.com>.

The Role and Purpose of the Care Quality Commission (CQC)

Wednesday 30th September, 10.30am to 12.30pm

To book directly on to the course use this link: <http://cqcsession.eventbrite.com>

The CQC makes sure health and social care services provide people with safe, effective, compassionate, high quality care and they encourage care services to improve. Louise Broddle is the Inspection Manager for the CQC for Sheffield (Adult Social Care). This covers care homes and domiciliary support providers in the city, which includes supported living. Louise will be coming to talk to family carers more about their new approach to regulating, inspecting, and rating services

Housing Options and Planning for the Future

Thursday 15th October 10.30am to 2.00pm

To book directly on to the course use this link: <http://housingandfuture.eventbrite.com>

Sharing Caring Project and the Wrap-Around Team from Love Street are planning to hold an information session for families about housing options for people with learning disabilities in Sheffield, how to access them and planning for the future generally. There will be more information available nearer the time, but please put this date into your diary

The following sessions are planned to run between **September** and **December 2015** but dates are yet to be confirmed. Contact Sharing Caring for more details if you would like to come:

- **Managing money & forward planning** – Advice and support to manage other people's money and planning for the future (in partnership with DOSH)
- **Wills and Trust** – focuses on the things families may need to know if they, or other relatives, are thinking of leaving any money or property to someone with a learning disability and/or autism.
- **Mental Capacity and Deprivation of Liberty Safeguards** – understanding the framework that empowers and protects people who may lack the capacity to make some decisions for themselves
- **Health Event** – focusing on health, support for people with learning disabilities and autism available across the city in a variety of settings
- **Preparing for Emergencies** – practical steps carers can take to prepare for range of emergency situations that could arise.

For Sale & Wanted

Advertising in this section is a really effective way of disposing of equipment you no longer need – virtually all the items advertised in our last edition were sold. Please email your item details to office@sheffieldcarers.org.uk – we will include as many as space permits. This service is free, though we are always happy to accept donations.

For Sale

Wheelchairs & Scooters

Pride Colt Plus road-going mobility scooter

Purchased 2008, maintained at all times by Parkgate Mobility; new batteries fitted Nov 2014; good condition and ready to use

Price: **suggested donation of £375 to the Carers Centre**

Area: **S11**

Contact: **David on 0114 236 0293**

Go-Go Elite Traveller 4-wheel mobility scooter

Good condition. Buyer to collect.

Price: **£250**

Area: **S2**

Contact: **Jean on 07717 403 138**

Mobility scooter

Pavement use only

For user up to 23 stone; can be partially dismantled to fit in boot of a car; red. Buyer to collect please.

Price: **Worth £200 please give a donation to the Carers Centre**

Area: **Darnall**

Contact: **John on 0114 244 5219**

Invacare Orion mobility scooter

4-wheeled. Good condition and has charger. Buyer to collect.

Price: **£300**

Area: **S17**

Contact: **Liz on 0114 261 0732**

Tenco 4-wheel mobility scooter

Very good condition, with new batteries. Capable of 8 mph.

Price: **£50**

Area: **Hillsborough**

Contact: **Brian on 0114 296 7875**

Excel manual wheelchair

Excellent condition. All parts quick release and detachable. 18 inch seat. Will fit in a small car boot.

Price: **£60**

Area: **Dronfield**

Contact: **Mike on 01246 415 896**

Drive Scout mobility scooter

5 months' warranty remaining. Used very little.

Price: **£300**

Area: **S12**

Contact: **Tina on 07969 940 116**

Shop Rider Sovereign mobility scooter

4 mph electric pavement scooter; dark red. 4-wheeled with puncture-proof tyres. Very good working order – recently serviced. Good for local runs. Two good batteries; lights front and back; basket.

Price: **£250**

Area: **Mosborough.**

Contact: **Mark on 07756 272 050**

Shop Rider Sovereign mobility scooter

Solid tyres. Regularly serviced. Excellent condition.

Price: **£350**

Contact: **Hilary on 0114 274 5981**

Salsa Quickie wheelchair

Electric wheelchair, complete with battery (overnight charge gives 12 miles of use). Suitable for indoor or out. 6 months old, cost £5,300.

Price: **£1,000**

Area: **Retford**

(call to discuss delivery)

Contact: **Jane on 01777 704 498**

Walkers and rollators

3-wheel Walker with seat and bag

From Clarke & Partners. Only been used twice, indoors

Price: **£100 ono**

Area: **Crystal Peaks**

Contact: **Avril on 0114 247 1376**

4-wheeled Rollator with seat and bag

Good condition.

Price: **£25**

Contact: **Susan on 0114 240 2133 / 07758 337 816**

Beds and chairs

Electric riser reclining chair

Excellent condition. Cost £500.

Price: **£200**

Area: **Hillsborough**

Contact: **Barbara on 0114 246 7896**

Orwood 3 ft adjustable electric bed

With pocket sprung mattress. Complete with bed lever, chrome adjustable cot sides, headboard, lockable casters. Excellent condition. Cost over £100 new.

Price: **£200 ono**

Area: **S10**

Contact: **Gloria on 07973 541 823**

Aero large single air bed

Built-in pump and cover. Ideal as a guest bed. New – cost £159

Price: **£70**

Contact: **Susan on 0114 240 2133 / 07758 337 816**

Two chairs

Electric riser / reclining chair (£245)

Shackleton-type chair (£25). Buyer to collect.

Area: **S8 (Woodseats)**

Contact: **Jackie on 0114 258 8951**

Armchair

Comfortable, supportive upholstered armchair with shoulder wings, wooden legs. Dark red. Clean; good condition. Particularly suitable for elderly person about 5' 3" height.

Price: **£25**

Area: **S10 (Fulwood/Lodge Moor)**

Contact: **Susan on 0114 230 7287**

Stairlifts, bathlifts and hoists

Oxford Standard 140 hoist

Electric; comes with battery, charger, and hoisting sling.

Price: **£400**

Area: **S10 (Crookes)**

Contact: **Gail on 07429 330 376**

Minivator 950 stairlift

For straight stairs; right-hand rise. Excellent condition and only 7 months old – cost £2,300 new. Already dismantled due to impending house move. Buyer to arrange collections and installation.

Price: **£500**

Area: **S35**

Contact: **Mrs Norcliffe on 0114 288 1535**

Mountway Neptune electric bathlift

Excellent condition. Cost over £500 new.

Price: **£75 on**

Area: **S10**

Contact: **Gloria on 07973 541 823**

Stannah stairlift

Approx 5m long. Regularly serviced by Stannah. Buyer to dismantle and remove please.

Price: **£400**

Contact: **Hilary on 0114 274 5981**

Miscellaneous items

Various items

Dect black corded phone. Good condition (**£15**)

Davina McCall mini exerciser, as new (**£25**)

Contact: **Susan on 0114 240 2133 / 07758 337 816**

Over-bed table

Half-length table; white frame with beech effect table. Hardly used.

Price: **£15**

Area: **Chapelton**

Contact: **Rebecca on 07793 532 481**

Over bed table

Good condition. Shampoo caps - Rinse free conditioning shampoo in a disposable cap. Can deliver in Sheffield.

Price: **£15**

Area: **S6**

Contact: **Mo on 0114 232 4611 / 07979 957 611**



You can find more items for sale and wanted on our website:

www.sheffieldcarers.org.uk

Service Improvement Forum

Interview with Phil Holmes, Director of Adult Services

Carer: what's the Carers Service Improvement Forum for?

A: This is a brand new Service Improvement Forum (SIF) established to give family carers the opportunity to work directly with the Council to improve the quality of our services. This new Forum will provide an opportunity to meet other carers and work with senior managers to focus on the quality of services and set priorities for the future.

So the main focus is getting things done better and contributing to the re-design of services.

Carer: can anyone come along? What will I do?

A: Whether you get a care package from us or pay for your loved one's own care, we welcome your views and want you involved.

You could be asking questions about processes or carer staff, helping with a questionnaire or designing the way new services are delivered.

You will be involved in checking and improving the quality of the social care services, as well as the information and advice that we provide in Sheffield. So as long as you are a carer for someone who is 18 years or older, we'd love to hear from you.

Carer: I've been a carer for a long time and there have been other forums in the past – will this one be any different?

A: This Forum has been set up for carers only. You can directly request information about the performance of services and as a group; we will decide how we can contribute to improving services.

The new Chair and Vice Chair have now been recruited and both are carers with lots of experience to bring to the group. They will be in charge of setting the agenda so it is the only carers group led by carers. I think that carers are vital partners with social care which is why I will be the officer accountable to this Forum. My aim is to enhance carers' voice and influence so we can work together to get it right.

Carer: How will I know it's making a difference?

A: There will be actions agreed at these meetings and these will be monitored to

ensure we are making progress. We will also contribute to an annual "Quality Live" event, where all Forums get together with senior officers to contribute to the service planning of adult social care. This will ensure all Forums make a difference to the way we deliver adult social care services in Sheffield.

Carer: so what do I need to do to take part?

A: To take part, please contact my colleague, Mel Rice on 0114 235299, or email melanie.rice@sheffield.gov.uk who will be the officer supporting these meetings, along with me. You are more than welcome to come along to the next meetings:

- **Thursday 24 September**, 10.30am – 12.30pm at the Town Hall
- **Thursday 19 November**, 10.30am – 12.30pm at the Town Hall

Meetings will be bi-monthly and further dates will be advertised soon. To find out further information online, please go to our council web pages at: <https://www.sheffield.gov.uk/carersforum>

We know it will be difficult to attend every meeting and therefore you can either feedback via email or telephone to make sure your voice is heard. Through becoming a member of this Forum, we will keep you up to date and you will also have the opportunity to get involved in other events as and when you want to.

Carer: and, finally, I know you're new in Sheffield – what do you think could be improved for carers?

A: Too many carers have told me that they don't think the Council really listens to them, and makes changes in response to what they say. Most carers do not ask for much: to be shown respect and to be recognised for their expertise. They want systems and organisations to make their lives easier rather than harder. So I think that is what we need to work together to improve; for the Council and other local organisations to play their full part in ensuring more carers feel that they are truly valued and appropriately supported.

Phil Holmes,
Director of Adult Services.
Sheffield City Council

Yorkshire Smokefree Sheffield

The Sheffield Tobacco Control programme has a range of services in place to reduce the number of people in the city who smoke. Some are aimed at adults, others at children and young people.



Quitting can be hard but it's easier with NHS specialist support. Lots of different support is available depending on your preference and what's available in your area. There are face-to-face sessions, live chat and a unique online quit program.

These services are free, friendly and flexible and you will always have access to our specialist advisors who have helped thousands of people to go smoke-free.

You can talk to the Smokefree advisors on 0800 612 0011 (free from landlines) or 0330 6601 166 (free from mobiles) or by using live chat. You can

also access their website via www.yorkshiresmokefree.nhs.uk

The Programme is also aiming to reduce smoking by encouraging people to make 'Smokefree pledges', to keep their home and car free of smoke, by working with schools to increase awareness of the risks of smoking and the benefits of being smokefree, and by working to reduce the availability of cheap and illicit tobacco.

There is also a service specifically for pregnant women – you can contact this service on 0114 209 4029, Text "STOP" 66777 or visit the website on www.smokefreemumssheffield.co.uk

Introduction to your tablet computer

Would you like to learn how to:

- use the internet?
- send an email?
- book a holiday online?

We are offering a series of free workshops to carers, in partnership with Heeley Development Trust

Venue: Sheffield Carers Centre, Concept House, Young Street, Sheffield S1 4UP

Date: Friday 9, 16, 23, 30 October and 6 November

Time: 10am -12noon

All equipment will be provided.

To book a place ring Jan at Sheffield Carers Centre 0114 278 8942 or email jan@sheffieldcarers.org.uk

How to get in touch with Carers in Sheffield:

Carers Support and Information

For information and a listening ear or to arrange a face to face appointment:

0114 272 8362 (Mon-Fri 9.00 am – 6.00 pm)

For information and support by email:
support@sheffieldcarers.org.uk

Office enquiries

Telephone: **0114 278 8942**

Email: office@sheffieldcarers.org.uk

Website: www.sheffieldcarers.org.uk

Post: **Ground Floor East, Concept House,
5 Young Street, Sheffield, S1 4UP**

We always welcome articles from carers for our Newsletter. Please send by mail or by e-mail (Word or plain text format). The deadline for copy for the next edition is:

Monday 19 October 2015

CiS Partnership



Carers in Sheffield is a partnership of local voluntary organisations providing information and support to adult carers of adults in Sheffield. Organisations who are part of Carers in Sheffield include: Sheffield Carers Centre, Sheffield Mencap and Gateway (the Sharing Caring Project), Sheffield Mind, Roshni, Pakistan Advice and Community Association, Maan (Somali Mental Health).

Opinions, products or services featured in this newsletter are not necessarily endorsed by Carers in Sheffield.

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