

SPRING 2019

MEMBERS' UPDATE



**Our Heritage
Lottery Fund joy**

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The Old Coach House latest



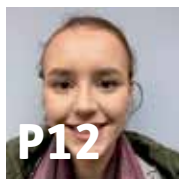
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Members' Update is produced by Age UK Sheffield for Sheffield 50+ members and Friends of Age UK Sheffield.

A Happy New Year to you all

As you may know by now, we are celebrating our successful application to the Heritage Lottery Fund for development funding to restore The Old Coach House in Hillsborough Park into an older people's activity centre and community café. We now have an amazing opportunity to create a brilliant new dementia-friendly facility for the city.



It isn't certain by any means. We have a huge amount of hard work to do behind the scenes to enable us to ask the Heritage Lottery Fund for the full amount to complete the project. But we feel we have got over a significant hurdle by being successful with our stage 1 funding bid, and are hugely optimistic about delivering this project for older people in Sheffield and the local community in Hillsborough.

Member offers

One of the key pieces of work we will be looking at as we develop the Hillsborough Park project is how to link the new facility with our Friends of Age UK Sheffield membership offer. Can we register café users as members? And can we structure the room bookings and café prices to give discounts to Friends of Age UK Sheffield members? It's a key factor in our thinking. We are always looking for ways to add value to your membership. In this edition, you will see we have secured an additional member benefit for you in the shape of discounts in the Sheffield Theatres bar and

café. Royles Coaches have also increased their usual “£2 off” offer to a whopping “£5 off” for the winter period.

If you know of any local offers we could obtain for our members, or any ideas of offers you want us to pursue, please let me know.

Can you help?

Even if we are successful in getting the full grant from the Heritage Lottery Fund, we will still have to raise some local partnership funding to complete the project. The fundraising starts now.

I am hugely grateful to Holly Garforth at the Virgin Money Lounge, who has allocated one of their precious places in the 2019 London Marathon to Age UK Sheffield. Our runner, Wesly Jay will no doubt be going all out to raise as much as possible for us.

Finally, we are seeking 15 runners and 15 volunteer marshals for this year’s Sheffield half marathon on Sunday 14th April. If you know anyone who can help us, please contact enquiries@ageuksheffield.org.uk or phone (0114) 250 2850. Marshals will be fully briefed and supported. Runners’ places are free but they need to raise a minimum of £100 which will go towards the Old Coach House project.



Steve Chu

Chief Executive, Age UK Sheffield

CONTACT US



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Fire & Rescue, 197 Eyre
Street, Sheffield, S1 3FG



[@ageuksheffield](https://twitter.com/ageuksheffield)



Coach House Lottery joy



Our plans to redevelop a derelict listed building in Hillsborough Park have received initial National Lottery support*, it was announced in December.

Age UK Sheffield is aiming to renovate the 18th Century Old Coach House building into a dementia-friendly older people’s centre, and café open to the entire community. The project has received development funding of £49,700 from the Heritage Lottery Fund. Thanks to National Lottery players this award will enable the local charity to progress the plans and apply for a full National Lottery grant.

The project aims to create a vibrant hub to support dementia-friendly group activities such as singing and dancing, as well as classroom-based activities and educational classes such as digital drop-ins.

The community café will be open to the thousands of local park visitors, including dog-walkers, children’s playground users, and Park runners. It aims to provide local employment and

volunteering opportunities in the Hillsborough area and introduce people to the Walled Garden and other heritage within the park.

Age UK Sheffield Chief Executive, Steve Chu, said: “This is absolutely fantastic news. Thanks to National Lottery players we have a real opportunity to develop The Old Coach House into a thriving community venue for older people in Sheffield and local



people in Hillsborough. Importantly, through this project, we can bring back into use a derelict listed building that would otherwise soon be lost.”

It comes as Sheffield City Council launched its Building Better Parks strategy where millions of pounds could be invested in Sheffield’s parks and public spaces over the next five years.

Councillor Mary Lea, cabinet member for culture, parks and leisure at Sheffield City Council, said: “Hillsborough park is already one of our absolute jewels and plays host to a year-round calendar of

events, activities and social occasions. This is a fantastic project which will help thousands of people across the city and their carers and friends, giving them dignity and support and ensuring they can tackle dementia together in a constructive and compassionate way.

“What’s more, this facility will provide vital café and toilet facilities at one of our city’s most beautiful and popular parks. We look forward to working with Age UK Sheffield, the Friends of Hillsborough Park and other community groups to help these plans develop further.”

About the Heritage Lottery Fund

*HLF Heritage Enterprise Fund applications are assessed in two rounds. The Old Coach House has initially been granted round one development funding of £49,700 by the Heritage Lottery Fund, allowing it to progress with its plans. Detailed proposals are then considered by HLF at second round, where a final decision is made on the full funding award of £631,200.

Thanks to National Lottery players, we invest money to help people across the UK explore, enjoy and protect the heritage they care about.

Join the campaign to save free TV for older people

It's not just 'the box in the corner.'

When mobility issues mean you struggle to get out and about, it helps you stay connected. When money is a constant worry, it's your way to escape. And when you spend your days alone, it gives you something to rely on, something to look forward to.

For over a million of the oldest people in our society, TV is their main form of company. It's their window on the world, and a human voice when they've not spoken to another person in days.

TV is a lifeline. And right now, it's under threat.

In 2015, the Government quietly pushed the job of providing free TV licences to the BBC – without giving them the funding to do the job properly, or asking us, the public, whether this was right.

Now the BBC is considering removing the right to free TV licences for the over 75s. If this is allowed to happen, it's the most vulnerable people in our society who'll suffer.





Who loses out if free TV licences are scrapped?

It's a common misconception that all older people are comfortably off these days. In fact nearly a fifth of over 75s are living in poverty. For them, paying a hefty extra bill would simply be impossible when they're barely scraping by as it is.

Added to this, half of over 75s are living with a disability. Many of them rely on their TV for companionship and entertainment. And for those who don't have the internet – a considerable proportion of the oldest in our society – TV enables them stay up to date with what's happen-ing in the world.

Removing access to free TV for the over 75s would be a cruel blow to those who need it most, when they're already facing such huge challenges.

Sign the petition to save free TV

We believe it's the Government's responsibility to look after vulnerable older people. Keeping TV free for them is a simple but vital way to do this.

That's why Age UK is petitioning the Government to take back responsibility for providing free TV licences for over 75s. We need as many signatures as possible to make our case and show how important this issue is.

Add your name today at <https://tinyurl.com/ycj19v9s>

Because it's not just a licence. It's a lifeline.

EVENTS CALENDAR

Here's our events guide for January to April 2019. The next issue will be out in April and cover the April to July period.

Coach trips

NOTE: you must be a Friends of Age UK Sheffield member to obtain these discounts, and be able to present your membership card/quote membership number at the time of booking.

Royles Travel

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Royles Travel are offering Friends of Age UK Sheffield members **£5 off any of their day trips**. Here is small selection of their forthcoming trips:

Thursday 21 February, Rode Hall and Gardens Snowdrop Walk* and Trentham Gardens Shopping Village. Usually £28, FOAUKS members £23.

*Note that entry to the Snowdrop Walk is an extra £5, payable on the day.

Wednesday 6 March, Northallerton, Thirsk and Ripon. Speciality Hot Beverage and Homemade Cake Special. Usually £27, FOAUKS members £22.

Monday 1 April, April Fool's Mystery. Usually £27, FOAUKS members £22.



ROYLES
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**114 Tunwell Avenue - Ecclesfield - Sheffield - S5 9FG
T. (0114) 245 4519 - M. 07831 192631**

To see all the Royles 2019 day trips, visit www.roylestravel.co.uk, or call 0114 245 4519. Or pick up a brochure from the Age UK Sheffield office.

Internet drop-in sessions

Come and learn how to use technology with our friendly volunteers. They'll help you make sense of email, the internet, even video chatting with family and friends. Please feel free to email: AUKS.Digital@ageuksheffield.org.uk if you would like to make an appointment at one of

our drop-in Sessions or if you would like someone to email you back.

Central Library

Fortnightly on Fridays

.....

**Friday 8 and 22 February
Friday 8 and 22 March
Friday 15 and 19 April
Friday 3, 17 and 31 May**
9.30am-11.30am

Virgin Money Lounge

Fortnightly on Thursdays

.....

**Thursday 14 and 28 February
Thursday 14 and 28 March
Thursday 11 and 25 April
Thursday 9 and 23 May**
1pm-3pm



Digital at Home Service

If you feel you would benefit from someone calling at your home to check that you are using your gadgets (iPad, Kindle, camera, etc) correctly then please drop us a line to AUKS.Digital@ageuksheffield.org.uk or call us on (0114) 250 2850.

Monthly meetings and coffee mornings

Sheffield 50+ monthly meetings (open to all Friends of Age UK Sheffield members)

The first Thursday of every month at the South Yorkshire Fire & Rescue HQ

1.30pm-3.30pm

Thursday 3 January

Andy Foster, Fraud PROTECT Officer at South Yorkshire Police.

Thursday 7 February

Laura Cook, Policy and Evidence Officer,

Healthwatch Sheffield.

Thursday 7 March

Rachel Knebel, Volunteering and Community Officer, The Stroke Association.

Thursday 4 April

Speaker to be confirmed.

Age Hub

Monday 18 February

1pm-3pm

Come and have your say on matters to do with hate crime and knife crime in Sheffield, as well as an opportunity to give your views on health and social care to Healthwatch Sheffield. Please confirm

your attendance in advance to enquiries@ageuksheffield.org.uk or (0114) 250 2850.

Venue: Sheffield Town Hall.

Coffee mornings at Crucible Corner Café

Please note that these coffee mornings have now moved from Tuesday to Friday.

11am-12pm

Coffee mornings are proving to be really popular, and take place **every Friday**. New members are especially welcome! Join us for a hot cuppa and good company in the city centre. First session of 2019 is on Friday 4th January.

Venue: Crucible Corner Café.

Coffee mornings at Woodseats Library

Every Wednesday

10.30am-12pm

You are welcome to join our coffee morning, every Wednesday at Woodseats Library. New members can just turn up and make new friends.

Venue: Woodseats Library.

Events in Dore and Totley

Through our leadership of the local “People Keeping Well” partnership, we have established several new groups in the Dore and Totley area:

Sporting Memories

Fortnightly on Friday mornings

Friday 4 and 18 January
Friday 1 and 15 February
Friday 1, 15 and 29 March

10am-12pm

Venue: Totley Library (CRIC).

Exercise to Music

*New additional sessions starting on Thursday afternoons. Call us for the start date.

Every Monday afternoon

2pm-3pm

Venue: Totley United Reformed Church.

Table Tennis

Every Friday evening

7pm-9pm

Venue: Bradway Community Hall.

Memoir writing workshop

NEW

Six-week course on Thursdays

From Thursday 11 February to 18 March inclusive

2pm-4pm

Call Jude on 07952 626779 for more details

Venue: Dore Parish Hall.

For more information about any of these activities, call Age UK Sheffield on **(0114) 250 2850**.

Events in Woodseats and Graves Park



Tea dance

Saturday 9 February

2pm-4pm

Admission £3. Dance and listen to music and relax. Come dressed to impress or just as you are, all are very welcome. Tea/coffee and biscuits available. No need to book, just turn up.

Venue: Woodseats Methodist Church, Holmhirst Road, S8 0GU.



Graves Park Forum

Second Wednesday in every month

6.30pm-8pm

Venue: Mountview Methodist Church, Derbyshire Lane.

Events at the Virgin Money Lounge on Fargate

Book group

First Tuesday of every month

Tuesday 5 February

Tuesday 5 March

Tuesday 2 April

11am-12.30pm

Knit and natter group

Second Tuesday of every month

12 February

12 March

9 April

10.30am-12pm

Drop-in session with Police Community Support Officers

Fourth Thursday of every month

24 January

28 February

28 March

10am-2.30pm



Virgin Money Lounge London Marathon events

Come for great evenings of entertainment, whilst supporting our runner in the 2019 London Marathon.

Thursday 28 February

6pm-8.30pm

A Marathon of Entertainment. Tickets will be available in the New Year from the Virgin Money Lounge Fargate – an evening of entertainment which will include various artists and entertainers from Sheffield.

Wednesday 24 April

5.30pm-8pm

Send off to London Party. A party to send our runner off to London in style ready for the London Marathon 2019. More details and tickets will be able from the Virgin Money Sheffield Lounge.

VOLUNTEER PROFILE

Eleanor Wheeler

University of Sheffield student Eleanor is a volunteer on our In Touch befriending service. Here she tells us why she volunteers with Age UK Sheffield, and what the benefits are.

How did you first get involved in volunteering for us?

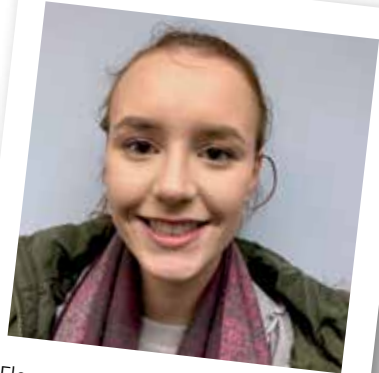
After seeing a video online about loneliness in elderly people my heart was broken. I instantly wanted to get involved and do my little bit to help. Volunteering for Age UK Sheffield has been such a rewarding experience which has truly opened my eyes and made me realise that a small act such as popping in to see someone for a chat and a cup of tea can have a huge impact on others.

It means a lot to me because I am very blessed and lucky to be surrounded by amazing friends and family who

I don't know what I'd do without, so it upsets me to think of anyone feeling alone and isolated. It is amazing that Age UK provides a way for people to do something about loneliness.

What have been the rewards and challenges?

I really enjoyed visiting Rosemary - she loved a laugh and we got on very well. We bonded over handbags and dogs and built a lovely friendship! As a university student in Sheffield I love the city and had experienced the student lifestyle, but befriending someone who has spent their whole life growing up here was



Eleanor Wheeler

extremely interesting for me. Rosemary taught me a lot about Sheffield and told me lots of stories from when she was young. I enjoyed hearing about the city that I'm now living in from someone else's perspective and her stories.

It was challenging when she would become down or frustrated at the fact she wasn't able to get out and about and socialise. Sometimes I felt helpless that there was nothing I could do to improve the situation but I think just being there to listen to her struggles and try to cheer her up was still better than



had I not been there at all.

Grace thought it was hilarious and I was worried how I'd get everyone back to the car. Ziggy was too heavy to sit on Grace's lap, so we put Ziggy in the wheelchair, which I pushed and Grace held onto for balance. We slowly made our way back to the car but had to stop every so often to explain to other dog walkers why the dog was fast asleep in a wheelchair!

Grace was a very sociable lady so she enjoyed chatting to everyone in

the park. With time her mobility got worse, but I still visited and she used to say: "Do you remember when we took that dog out in the wheelchair" which always set us off laughing.

What you would say to anyone who is interested in doing it?

To anyone interested in volunteering for Age UK Sheffield, I would definitely advise getting involved. The only thing I regret is not doing so sooner. We can all spare a small piece of our time to help someone else. Who doesn't love a cuppa and a gossip?!

How can you volunteer with us?

It's simple. Just call (0114) 250 2850 or e-mail Virginia.lowes@ageuksheffield.org.uk.

You can see all our current opportunities by visiting www.ageuk.org.uk/sheffield, and clicking on the Get Involved/ Volunteering pages.

You can help on a one-to-one basis with older people; support group activities at our Wellbeing Centre; do some fundraising; or contribute to our work influencing the policy makers in Sheffield. Or if you have your own volunteering idea, talk to Virginia!

To protect the older people we support, we will ask you to undertake a vetting process including a Disclosure and Barring Service check.

Membership offers



Dance for the over 60's at Hype Dance Company

Every Wednesday, 11-12

First Class Free!

This gentle class aims for you to have fun while getting fitter, meeting new people and increasing your mobility, flexibility & co-ordination. No dance experience is needed.

Call **0114 275 8503** or email info@hypedance.org.uk. Class located at 60 Upper Allen St, S3 7GL.



Swim and sauna for free!

We've teamed up with Nuffield Health, off Ecclesall Road to organise a free 14 consecutive day pass for our members, and you have the option to bring a +1!

Facilities include...

- 25m Swimming Pool
- Sauna, 3 Jacuzzi's and Steam Room
- Fully equipped and air-conditioned gym
- Over 100 classes per week
- On site medical centre with fully qualified GPs and Physios
- Beauty salon
- Café

For further information, call **0114 276 5333** or email jack.smith@nuffieldhealth.com



Daybell and Choo

15% discount for members. The promotion can be used for spectacle purchases in-store or through the home eye care service.

Daybell and Choo, 290-294 Sharrow Vale Road, Sheffield S11 8ZL

0114 267 1828
info@daybellchoo.co.uk

John Lewis

John Lewis

Members can claim a £50 John Lewis voucher*, after purchasing a laptop or tablet from the Barker's Pool store. To redeem the offer, simply send proof of your purchase to Age UK Sheffield.

*Limited supply, first come, first served.



Redbrik Estate Agents

20% off all estate agents' fees. To redeem this offer, simply quote "Age UK / Redbrik" when you speak to book a free valuation. Redbrik sells homes across Sheffield and has branches at

Crystal Peaks:
0114 361 1000 &
Millhouses:
0114 399 0567

Solicitors

Free legal advice

The following solicitors firms offer free legal advice sessions on older peoples issues if required to Age UK Sheffield members and customers.

- Keebles
- Best Solicitors
- Howells LLP

For information on booking a free legal advice session, call the Age UK Sheffield office on **(0114) 250 2850** or e-mail: enquiries@ageuksheffield.org.uk

Discounts from solicitors

Keebles – 15% off fees relating to Wills or lasting Power of Attorney. **0114 276 5555**.

Best Solicitors – 20% off all services. Home visits available if required. **0114 358 3134**.

SSB Law – write your will for £25. Home visits available if required. **0800 433 2255**.



SSB Law

Write your will for just £25. SSB Law has reduced the cost of a will for Age UK Sheffield members. This price applies to a simple will (fixed prices can be given for more complex matters). Home visits are available.

Freephone **0800 433 2255** to take up the offer.



Greensleeves Lawn Care

NEW OFFER

Free consultation and 20%. Get a free lawn consultation with Greensleeves Lawn Care (South Sheffield), and

get 20% discount on your first year. To claim this offer, simply phone (0114) 245 6539 or e-mail: southsheffield@greensleeves-uk.com

Offer available within the following Sheffield post code areas: S7, S8, S9, S10, S11, S12, S13, S14, S17, S18.



Sheffield Theatres



Sheffield Theatres are offering Friends of Age UK Sheffield members 10% off at their café and bar, on production of your membership card.



Virgin Money

Our friends at the Virgin Money Lounge are offering a free one day pass, for their fabulous Lounge on Fargate. If you're in the city centre, pop in to enjoy free tea & coffee and a read of the papers. Simply present this article at the front desk and a member of the team will sign it to say you've redeemed this offer.

The AgeUK LifeCARD

In order to access the lifeCARD, all customers need to provide their AgeUK card at the point of purchase. We are pleased to confirm the following across our sites:

- **Discounted Swimming** – Age UK Lifecard holders can swim at **any** SIV pool, during opening hours, at a discounted price;
 - Ponds Forge** - £2.55 (Mon-Fri 6.30am-3.30pm) / £4.65 (Mon-Fri after 3.30pm and weekends) – in the competition pool. Selected leisure pool sessions Mon-Fri £3.85/ Weekends £4.65
 - Ponds Forge** dedicated Age UK only sessions;
 - Mondays - 12-2pm (competition pool – deep water) / 12-1.30pm (leisure pool – shallow water)
 - Wednesdays – 10-11am (leisure pool – shallow water)
 - Fridays 12-1pm (competition pool – deep water)
 - **Café Discount** – 15% off selected food and beverages at the foodetc café at Concord Sports Centre, EIS Sheffield, Hillsborough Leisure Centre and Ponds Forge.
 - **Up to 20% discount** – off a wide range of sport and leisure activities across the city.
 - **Access to discounts and offers** – from SIV and their partners

Our members should go to Ponds Forge to get their LifeCARD, which is free for new members. These LifeCARDS will not be issued at any other leisure centre.



- **Variable swimming prices** –

Pool	Offer
Ponds Forge	LifeCARD £4.65. Age UK LifeCARD Session £2.55
Heeley Pool, Springs Leisure Centre, Westfield Sports Centre & Concord Sports Centre	£3.85 for casual swim with Any LifeCARD. Over 60 rate £2.55 with any LifeCARD (Called Age UK Swim at Concord Sports Centre).
Hillsborough Leisure Centre	£4.65 with any LifeCARD

All first time Age UK members have the opportunity to receive a free lifeCARD with loaded free activities.

This offer has been funded by Sheffield City Trust, a charity whose primary role is to benefit the health and wellbeing of the people of Sheffield. SIV is the operating arm of Sheffield City Trust.

All offers can be redeemed Monday-Friday before 3.30pm. The Age UK LifeCARD is free and is open to all new members of The Club even if you already have an existing LifeCARD.

Age UK LifeCARD holders have 6 months to use the following free offers from the date they receive their card:

- **Free swimming** – swim for free 4 times at Concord Sports Centre, Heeley Swimming Pool, Hillsborough Leisure Centre, Ponds Forge or Springs Leisure Centre.
- **Free fitness classes** – take part in 4 classes at Concord Sports Centre, EIS Sheffield, Hillsborough Leisure Centre, Ponds Forge, Springs Leisure Centre or Westfield Sports Centre. They can be the same class, or different ones, it's up to you.
- **Free tea dance** – you are entitled to one free entry to the tea dance at Sheffield City Hall on a Tuesday or Thursday – dates vary.
- **Free Golf** – enjoy a free 18 hole round of golf at Beauchief, Birley Wood, Sinfin (Derby), Tinsley Park or Tapton Park (Chesterfield) golf courses. The discount is for the green fee only.

NEWS IN BRIEF

Veteran's lunch

For the second year running, The Museum pub in Orchard Square put on a fantastic Christmas lunch for a group of Armed Forces veterans who are supported by Age UK Sheffield.



The Big Knit

Huge thanks to the knitting group at Sheffield's Virgin Money Lounge, who handed over 620 of the cutest beanie hats to us in December. Each little hat will be sold with an Innocent smoothie, with a donation coming to Age UK Sheffield for our work with older people locally.

Let us know if you can knit us a few hats before the summer. We'll send you the patterns or put you in touch with a local knitting group.

Marathon man

Wesley Jay is running the London Marathon for Age UK Sheffield in support of our fundraising for the Old Coach House. He has a target to raise £2,000 for us. If you can support him, please donate online at: <https://uk.virginmoneygiving.com/WesleyJay>





Save up to £265* on an Age Co Funeral Plan

Visit your nearest Age UK office

Age UK Sheffield Enterprises Limited
South Yorkshire Fire and Rescue, 197 Eyre Street
Sheffield, South Yorkshire S1 3FG
Open Monday-Friday 09:00-15:00

Call 0800 028 7753[†]

or visit ageco.co.uk/funeralplan



**Donations to Age UK's charitable work from Age Co sales
are expected to reach £3 million each year**

**Age Co Funeral Plans are provided by
Advance Planning Limited, a subsidiary of Dignity plc.**

Age Co Funeral Plans were previously sold under the trading name Age UK Funeral Plans.

*£265 saving applies to Rowan Plan. Other savings £250 on Holly Plan, £225 on Ivy Plan and £225 on Basic Plan. Savings valid to 30 April 2019. Full plan details available at funeralplan.ageuk.org.uk/offers

**Prize draw is open to Plan Owners who purchase between 17 Sept 2018 and 20 Dec 2018. One prize of £10,000 shall be awarded. Open to residents in England, Scotland and Wales only.

Full t&cs available at funeralplan.ageuk.org.uk

[†]If you call the 0800 number, you may be transferred to an Age UK office or to Dignity plc. Calls may be recorded for training and monitoring purposes.

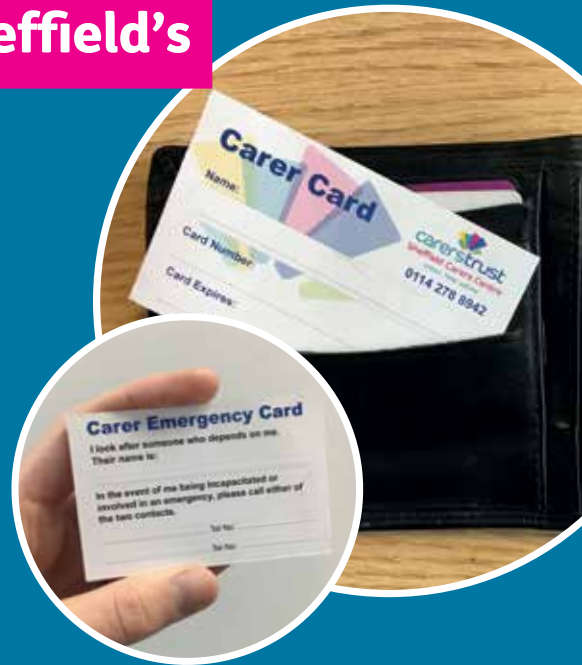
[‡]Age UK Enterprises Limited trades under the trading name Age Co. Age UK Enterprises Limited (registered in England and Wales no. 3156159) is a trading subsidiary company of Age UK (registered charity, no.1128267) and donates its net profits to Age UK. The Age Co Funeral Plan is provided by Advance Planning Limited, a company incorporated in England and a subsidiary of Dignity plc. Registered office: Advance Planning Limited, 4 King Edwards Court, King Edwards Square, Sutton Coldfield, West Midlands B73 6AP. Registered in England, no. 3292336.

New 'Carer Card' gives little extras to Sheffield's unpaid carers

Do you look after a family member, neighbour or friend who could not manage without your support?

The Sheffield Carer Card has been developed to reward and recognise all the hard work you do as an unpaid Carer. The Carer Card offers discounts on a range of activities, products and services donated by businesses in Sheffield and beyond. It is also to be used in case of an emergency situation so that if you are incapacitated or involved in an emergency situation, the card highlights who to contact in order that the person you care for is looked after.

The Card was launched on 30 November and is now available to all carers who register (or are already registered) with Sheffield Carers Centre. Being registered also means a carer receives the Centre's newsletter and access to support and advice services.



Carers can register online www.sheffieldcarers.org.uk/carers-card or email support@sheffieldcarers.org.uk. Alternatively call **0114 278 8942**.



From Butlins to Yoga, cleaners to cafes, we've brought together an amazing range of offers! Our website lists which businesses are registered and will be updated regularly with new offers, so keep checking!