Issue 1 May 2017

Newsletter

Welcome to our new bi-monthly newsletter!

Holmes Adult Carer Service has been up and running for 4 months now and was set up due to a rising need for respite services in Sheffield. The feedback so far has been fantastic and we would like to keep you all up to date with what has been happening.

The service is expanding!

Due to demand the eligibility criteria for attending the hubs has extended to include individuals who are socially isolated (who don't necessarily have a carer).
We are happy to be able to open our service to a wider range of people.

One to one
We also now offer a one to one service which can be used as respite, companionship or as a befriending service. The visits can take place in the clients home or clients can be taken out in to the community.
The one to one service is charged at £14.50 p/h weekdays and £16.50 p/h weekends and visits are to be a minimum of 2 hours.

Transport
Transport can be arranged. We can support carers to arrange community transport or book a regular taxi service. Dependent on locality to the venue we may be able to provide transport at an additional cost.

For any enquiries or to book a free taster day at any of our hubs please contact Mark on 07715253131
or email:
Mark.Holmes@holmesadultcarerservice.co.uk

You can also find out more on our website
www.holmesadultcarerservice.com

Our Venues

Monday – Gleadless & District Club, Hollinsend Road S12
Originally built as a school the club has a large airy room with a real cosy and homely feel.
Facilities – Disabled Friendly throughout, 2 pool tables, TV, secure enclosed outdoor seating area, food is purchased from a local café.

Tuesday and Thursday – Hillsborough Sport Arena, Middlewood Road S6
Known to locals as 'the old running track' this very recently renovated venue has a bright spacious lounge which overlooks the football pitches.
Facilities – Disabled friendly, large hall for activities, on site café, TV

Wednesday – Meadowhead Transport Club, Meadowhead, S8
A large, bright room with views out onto the cricket pitches.
Facilities – Disabled friendly, pool table, fresh home cooked meals served on site, outdoor seating, TV

Hubs are open from 10:00 – 16:00
Attendees can purchase lunch on the day or bring their own .
Carers are welcome to stay and join in with any activities if they wish to, at no additional charge, it's a great opportunity for carers to socialise and meet other carers.
We also hold regular coffee mornings.

Recent Activities

We are proud to offer a wide range of activities at our hubs which change weekly, we always ask for clients input when devising activities and we feel this is important for them to be included in the planning of sessions.

Some of our recent activities have been:
Glass painting, Card making, Candle making, Boules, Chair exercises, Photo reminiscence, Sporting reminiscence, Art and music therapy and a Weekly pool tournament

Mayfield Alpacas

During one of our one to one visits our client was offered the opportunity to attend an animal handling day at Mayfield Alpaca Farm with Oreo and Friends Animal Encounters. She had a fantastic day meeting all sorts of animals from snakes to skunks to raccoons and even a baby meerkat. It was a brilliant day enjoyed by the client and staff.

We also like to give back to the venues and surrounding community and we have recently made some planters filled with summer bulbs ready for the venues to use in their outdoor seating areas.

Social Isolation and Loneliness

It is estimated that there are around 16,000 over 50's in Sheffield who are experiencing social isolation or loneliness. We hope that by opening up our hubs and one to one service to those experiencing social isolation that we can help reduce the effects of social isolation through emotional and practical support. Read our latest blog post on www.holmesadultcarerservice.com to find out more about social isolation and how we can help.

We are also now recruiting volunteers, our volunteer roles would be suitable for anyone who wants to dedicate a few hours a week to helping us facilitate activities and helping those who need assistance to join in activities. It is a brilliant way to build confidence and self esteem while meeting new people and making friends.

Upcoming events:

Carers week coffee morning 10:30 - 12:00
12th June – Gleadless & District Club
14th June – Meadowhead Transport Club
15th June – Hillsborough Sports Arena
Everyone welcome!!

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