



QUARTERLY NEWSLETTER

Welcome to Home Instead Sheffield and Barnsley's quarterly newsletter: autumn edition. We hope you enjoy reading about the work we do.

Inside this issue, we're sharing information from our latest campaign #TakeCare, and the research results we have found, in addition to news on our upcoming Christmas campaign, #BeASanta! We're also excited to feature a spotlight on the tech charity, AbilityNet, speaking with their South Yorkshire Volunteer, Ingrid, about the local work they do for disabled and elderly adults. Happy reading!

#TakeCare Campaign Highlighting the care crisis

Our latest campaign, [#TakeCare](#), highlights the struggles that millions of family carers face when squeezing in caring for their ageing parents, caring for their own children and juggling their careers.

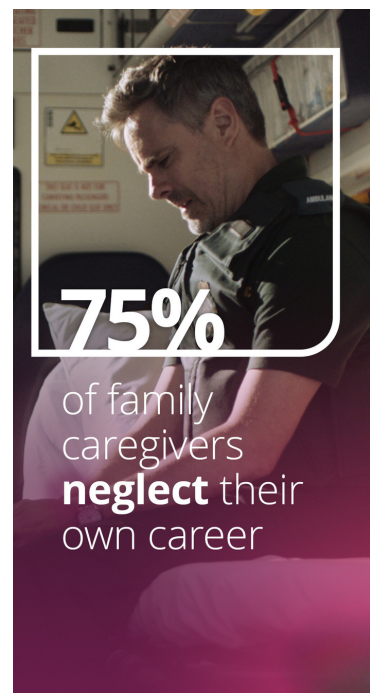
A feature film for family caregivers

Our campaign research to study the impact of being a family carer highlighted how the added weight of responsibility can have adverse effects on people's health and wellbeing.

To underpin our campaign, we created a film featuring three characters, [Sue](#), [Colin](#) and [Fiona](#) who bring to light what day-to-day life is like for millions of family carers across the UK:



Watch the full film [here](#) and view all the survey results [here](#).





#BeASanta 2023

It's that time of year again! Join us in spreading some festive cheer through our Be A Santa campaign...



'Be A Santa' is an annual Home Instead campaign where we collect gifts from the community and donate to local charities in the hopes of combatting social isolation and spreading some Christmas cheer.

The gift-giving scheme aims to touch the lives of older people in your community, who may be lonely or might not receive a present this Christmas.

This year, we'll be donating to members at [Age UK Sheffield](#), [Age UK Barnsley](#), [BIADS](#), [Sheffield Mencap](#) and our own amazing clients here at Home Instead:



Here's how you can get *involved*:

Donate items like socks, slippers, chocolate or gifts of your own choosing by dropping them into our collection boxes at our offices in Sheffield and Barnsley:

- 84 Montrose Road, Sheffield, S7 2EF
- 2A Sussex Road, Chapeltown, S35 2XQ
- 4 Huddersfield Road, Barnsley S70 2LT

Or, if you would like your own collection box at your business or organisation, please call us on **0114 246 9666**. Thank you already to [SY Fire and Rescue](#), [Sheffield Flourish](#) and [J Willey and Co](#), [SUCF](#), [Outram Fields Care Home](#), [Liddy's Solicitors](#)!

Gifts can also be donated via our **Amazon Wishlist**, where they will be delivered straight to Home Instead, don't forget to add your name so we know who to thank!



Last year we collected an incredible 209 gifts, but this year we want to exceed that and aim even higher. **Help us reach our target of 300 presents** for this year's Be A Santa campaign by getting involved **today**.





SPOTLIGHT

AbilityNet

Ingrid Bowden
South Yorkshire Volunteer

At Home Instead, we strongly believe in embracing technology and engaging with the digital world. In this spotlight on the community, we talk to South Yorkshire Volunteer, Ingrid, from tech charity [AbilityNet](#) about how the work they do to make technology accessible to all.

Q Tell us about AbilityNet

A [AbilityNet](#) is a pioneering UK charity with a global perspective. It believes that the power of digital technology should be available to everyone, regardless of ability or age. With free online resources and a network of more than 350 community-based volunteers across the UK, the charity is able to help individuals with any disability, of any age, to use all kinds of digital technology.

In its mission, AbilityNet envisions a digital world accessible to all. The charity also works with national charities including RNIB, Age UK, Parkinson's UK, and Stroke UK to support people with all disabilities.

“The feedback we've had from our stories has been amazing. It seems that it's really therapeutic for people's voices to be heard, not only do people get a benefit from reading them but it also makes people feel connected to each other”.

Q How can AbilityNet help people?

A AbilityNet has locally-based Tech Volunteers who support clients within their region. To request support, you can contact the charity on a freephone number 0800 048 7642. The AbilityNet team will gather your details and chat with you about how best you can be supported. If a home visit is required, you will be contacted by a local Tech Volunteer. All the volunteers have Enhanced DBS clearance, and additionally you can give a password to make certain the person you are speaking to or calls to see you is a genuine AbilityNet Tech Volunteer.

Common issues Tech Volunteers can help with include supporting people with their phone line, TV or computer, and setting up email and video calls. The support is completely free and extended to anyone and everyone in the community who is disabled, older people, and their carers. Where some people may just need to ask a quick question and may not need a home visit, there is also a free helpline available that is open to anyone to ring, at any time: 0800 048 7642

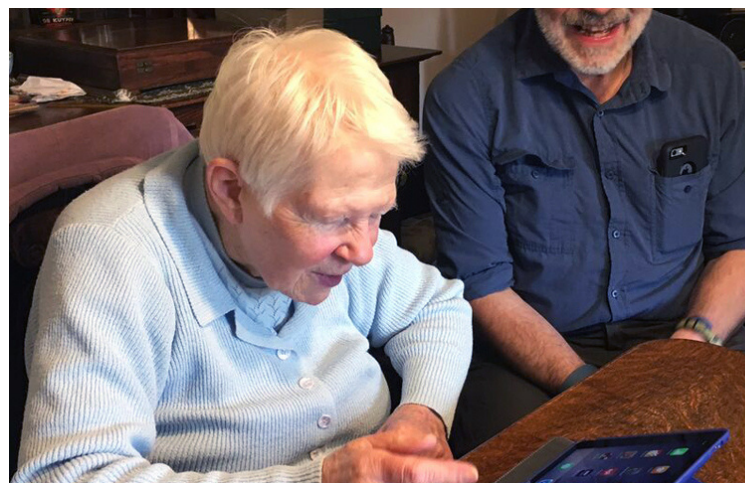
“Our one-to-one support at AbilityNet enables us to provide support that is truly individual to the person in need, building a relationship and a connection that goes beyond just one home visit.”

“What works best from my experience is showing clients how to find things out for themselves by using Help. They are often amazed at their own ability, and that gives them confidence to find out more. They often say things like “You've taught me so much” when in fact they have taught themselves!”

-Stewart, AbilityNet Tech Volunteer

Q Does AbilityNet have additional services?

A AbilityNet's work doesn't stop there. In addition to its home visit support directly with clients in need, the charity also works with businesses and organisations to inform, educate and guide employers on how to create a digitally-accessible work environment. This includes help to build websites, apps and other digital platforms to ensure that disabled people can access services, and also advising on adjustments that workplaces can make to meet the needs of disabled employees in the workplace.



Find out more

Call 0800 048 7542, complete a [‘Free Support Form’](#), email enquiries@abilitynet.org.uk or v.syorks@abilitynet.org.uk for South Yorkshire enquiries.

[Find out about Home Instead's tech services here](#)



Community Workshops

At Home Instead, we provide personalised home care that is dignified, reliable and relationship-led. Most care decisions are made in urgency after an accident or an illness. We are committed to working hard to change this. Providing support at home can help to prevent, or at least delay, accidents and illnesses.

That's why we offer the following free community workshops at local businesses & venues across Sheffield & Barnsley:

Family Dementia (2 Hours)

- An information workshop for individuals & families offering ways to help support loved ones to live well with Dementia.

Parkinson's Workshop (1 Hour)

- A workshop to support and inform families in partnership with Parkinson's UK.

Fraud and Scam Awareness (1 Hour)

- Workshop on types of scams, how to recognise them and what to do if you are the victim of fraud.



Sessions are FREE of charge and delivered face-to-face at a location of your choosing

Any local businesses or organisations interested?

Email himarketing@homeinstead-sy.co.uk or call 0114 246 9666 to discuss further

Celebrating our clients

For our final piece, we'd like to share some of our top client-moments from the last quarter!



Surprising our clients Naoma and Janet for each of their 80th Birthdays!



Julie celebrated 50, whilst Kate turned 40!

