

'Tea and Tell' – Your experiences of help with daily living



Have you, or the person you care for, had help with daily living (domiciliary care) in the last year?

(Help with daily living can include: help getting out of bed in the morning, help with washing and dressing, support with toileting, preparing meals and drinks or help with eating and drinking)

If so, Healthwatch Sheffield want to hear about your experiences

Join our focus group for **tea, cake and a chat** at:

The Circle,

33 Rockingham Lane

Sheffield S1 4FW

Monday 5th March

2pm – 4pm

Or alternatively, we will be conducting **interviews over the phone** from:

Monday 12th February to Friday 2nd March

If you would be interested in either attending the event or sharing your story through a phone interview please call us on

0114 253 66 88

or email **info@healthwatchsheffield.co.uk**