



## Let's keep in touch

We're delighted to announce the launch of a new guide to help carers and those they care for maintain social connections during a time of physical distancing.

Chief Executive for Sheffield Carers Centre, Pauline Kimantas, commented: "Restrictions on the way people can meet in person has a particular impact on carers, who are often more isolated because of their caring role. As physical distancing has become the norm, it is important we all continue to make as much social connection as possible. This guide aims to encourage carers to take steps to maintain their existing connections and try new ones. It provides some ideas, plus useful information and advice on how to take action to maintain social connections."

[Click here](#) to open a pdf version of the guide, or contact the office if you would like us to post you a printed copy.

