



Merry Christmas!...and some seasonal information

From everyone here at Sheffield Carers Centre we wish you a very Merry Christmas!



If you're a carer, thank you for your amazing hard work over the last year and we hope that you get to have a bit of fun and a break over Christmas. For all the professionals and members of the public who have worked with us to improve awareness and support for unpaid carers - thank you and enjoy the festivities.

We also know that Christmas can be a difficult time for many people. If you need some support, the phone lines below might be useful.



Our Carer Advice Line will be available for both practical and emotional support as usual on 24th and then will be open on 30th, 31st and then as normal from 2nd January.

Our **services will be closed on Christmas Day, Boxing Day and New Years Day only**. The Centre itself will be closed to visitors between 25th December and 2nd January.

Helpful Telephone Numbers
During the Festive Season

SPA (adult mental health crisis/support) (24/7)
0114 226 3636

Sheffield domestic abuse helpline (*Monday – Friday 8:00am – 8:00pm, Saturday – 9:00am – 5:00pm, not open bank holidays*)
0808 808 2241

The Sheffield Rethink mental health helpline
(24/7) **0808 801 0440**

The Calm help line for Men (*5pm-midnight*)
0800 58 58 58

Samaitans (24/7)
116 123

In addition to these services for crisis situations, Sheffield City Council have some [useful information available](#) about transport, bin collection and keeping healthy over the Christmas/New Year period.

Finally, if or someone you know might be or feel particularly vulnerable during a power cut, it could be useful to let Northern Powergrid know. They provide a support service to people who need it most during a power cut. [You can find out more and access support here.](#)