



New video to help carers of 7,000 people with dementia

We're delighted to announce that Sheffield Carers Centre, Sheffield NHS Clinical Commissioning Group (CCG) and Enrichment for the Elderly have produced a short video to help unpaid carers in Sheffield who are supporting someone with dementia.

The first screening of the video was held at the Mind Wellbeing Centre in Sheffield on 23 September. Covid restrictions meant audience numbers were limited, but its available for anyone to watch at: www.vimeo.com/597069357

An estimated 7,000 people are living with dementia in Sheffield, and most have a family member, or unpaid carer, supporting them. The 'Sheffield Dementia Strategy' aims to improve the support for people with dementia, and the thousands of family members providing care. The video is part of the strategy which has been developed in a partnership of people living with dementia, their families and carers plus the organisations working to support them.

Pauline Kimantas (CEO at Sheffield Carers Centre) explains "Many people don't think of themselves as carers and help relatives without using the support services available to them. This new 4-minute video is part of the Dementia Strategy and features unpaid carers sharing their real-life experiences and offering advice to help people self-identify as carers and access support."

Dr Sarah Jones, GP and Clinical Lead for Dementia at NHS Sheffield Clinical Commissioning Group remarked "A carer has to think about other's needs as well as their own. Identifying a carer early in their caring role means everyone involved receives better quality support and care."

The Sheffield Dementia Strategy encourages people to identify themselves as carers by asking: Are you a carer or know someone who is a carer? If so, make sure you or the carer you know (1) contacts their GP practice (2) visits www.sheffieldcarers.co.uk and (3) calls the Carers Centre's Advice Line 0114 272 8362.

