



## Sheffield Carers Centre awarded new contract to support unpaid carers

We're delighted to announce the Carers Centre has been awarded a new contract by Sheffield City Council to provide services that help and support the thousands of unpaid carers living in the city.

Pauline Kimantas, CEO at Sheffield Carers Centre, explains "There are an estimated 60,000-90,000 unpaid carers in Sheffield. Our aim is to help create a city where all carers are recognised, valued and effectively supported to enable them to continue caring in the way they choose and to have a life of their own; a city where the carers' contribution is respected and acknowledged."

"Our current contract with the Council ends in December, and this award means we can continue to develop and expand our existing range of services. Over 13,000 unpaid carers are already registered with us, but we know there are thousands more in the city that need recognition and help.

"Many of these people don't think of themselves as carers and help relatives without using the support available to them. One of our main aims in the coming years is to encourage people to identify themselves as a carer - which is someone who provides practical and/or emotional support to an adult or child with an illness, disability, frailty, mental health problems or addiction."

"If you are a carer or know someone who is a carer, make sure you or they (1) contact their GP practice and register as a carer (2) visit our website [sheffieldcarers.co.uk](https://sheffieldcarers.co.uk) for details of how we can help and (3) call our free Carer Advice Line on 0114 272 8362 if you would like to discuss your caring situation with one of our Carer Advisers"

"We'd also like to take this opportunity to thank the Trustees, all our staff and volunteer team and our partners, and all the carers for the fantastic help and support they've given us for 27 years. This is particularly true during the last 18 months, as everyone has pulled together to continue supporting carers through the challenges of the Covid pandemic."



**A carer is someone who provides practical and/or emotional support to an adult or child with an illness, disability, frailty, mental health problems or addiction.**

