



Support by other carers groups

Support from other Carers Groups

Carers in Sheffield runs several support groups across the city – see our [Carers Groups](#) page for more details.

There are many more carers groups held across the city, with some being held at the Carers Centre, for example a group for carers of someone who has had a stroke. For more details on any of these, please visit www.sheffieldhelpyourself.org.uk, and use the keyword search for two keywords: 'carers' and the condition, eg, 'dementia'.

TimeBank – Carers Together

This is a scheme run by a national organisation based in Birmingham which enables carers to be put in contact with volunteers, for regular support. Carers Together offers two different kinds of support:

- An online mentoring service, available to anyone in England with access to the internet
- A face-to-face mentoring service for carers in the Birmingham area

As a carer, you would be put in contact with a trained volunteer who you could talk openly with about your caring role, and how that impacts on you. For more information and to register, please visit: <http://www.timebank.org.uk/carers-together>

Online forums

<http://www.carersuk.org/forum>

<http://www.carers.org/forums>

You may also find there are forums specifically for carers of individual conditions, or a type of condition – for example, there is a carers' forum through Macmillan for those who are supporting someone with cancer; and a carers' forum run by the Alzheimer's Society.