



Two unique offers for unpaid carers in Sheffield



7 - 13 June 2021
Make Caring
Visible and Valued

Three Sheffield charities combine to 'make caring visible and valued'

Sheffield Carers Centre, Sheffield Young Carers and Sheffield City Trust are working together on a unique offer to celebrate national Carers Week (7-13 June 2021). This year's theme for the annual campaign is to 'make caring visible and valued'. Its estimated there are some 90,000 unpaid carers in Sheffield providing help and support to relatives and friends. The pandemic has caused an increase in these numbers over the past year - but as many people still don't think of themselves as carers, the total could be even higher.

To celebrate Carers Week 2021, three charities are working together to recognise and reward the contribution made by so many unpaid carers living in Sheffield. In a joint statement they commented: "Caring can be extremely rewarding, but it can also be incredibly challenging. We want to make sure the contribution carers make to local communities is recognised. We also want to ensure these carers receive the support needed for their own health and wellbeing."

As a result, Sheffield Carers Centre, Sheffield Young Carers and Sheffield City Trust are launching two great initiatives. The first is a 'special 7-day Fitness Pass' in June that provides free access to Sheffield City Trust's gyms, fitness classes and swimming pools for adults registered with Sheffield Carers Centre who have a Carer Card. The second offer is for young carers (between the ages of 8 and 25) who are being supported by Sheffield Young Carers, to have exclusive access to a free ice-skating session at Ice Sheffield on either Saturday 19th or Saturday 26th of June.

Pauline Kimantas (from Sheffield Carers Centre) and Katie Borland (Sheffield Young Carers) explained: "We provide a wide range of support to carers throughout the year, and this is a different way for them to take a short but important break from caring to enjoy themselves. We're excited by these offers and grateful to Sheffield City Trust for reaching out to provide support at this time. All sessions need to be pre-booked and details of how carers can do access these great offers are on our respective websites."

www.sheffieldcarers.org.uk www.sheffieldyoungcarers.org.uk

Carers Week is an annual campaign that aims to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities all over the UK. It also aims to help people who don't think of themselves as



having caring responsibilities to identify as carers and access much-needed support. For more information about the national campaign visit: www.carersweek.org If you are an unpaid carer in Sheffield, or know someone who is, please visit: www.doyoucare.co.uk for more information on the support available.