

# Sheffield Carers Centre

The Sheffield Carers Centre offers support and information to all unpaid adult carers who provide unpaid care for a family member or friend due to an illness, disability mental health issue, frailty or substance misuse.

## Facts about unpaid carers in Sheffield:

- An adult carer is someone who provides unpaid care for a family member or friend due to an illness, disability mental health issue, frailty or substance misuse .
- There are nearly 60,000 unpaid carers in the city, with 20,000 people becoming one each year.
- The contribution unpaid carers in Sheffield give is worth £1.86 billion annually.
- Through our work, unpaid carers can continue with their role for longer, have a life of their own and know that help is available when they need it.

## our services

Advice • Support • Community

### Carers Advice Line

Advice, information and support available 9am-6pm Mon to Fri.

### Carers Community Events

Including cafés, choirs and groups in your local area.

### Emergency Planning

Support to help you plan for when the unexpected hits.

### Regular Newsletter

Information about carers services and other news.

## How We Helped:

Sally, 56, cared for her elderly father because of dementia and health conditions related to his age. She had to deal with all of his daily living tasks, including giving him his medication, organising his finances, shopping, cooking and cleaning. She also had to liaise with other services and arrange appointments for him. She was not able to afford the time or money to have a break; her own health was deteriorating, and she was feeling very isolated.

After talking to a Carer Advisor, she started coming along to our Carers Café where she made new friends. We gave her advice on how to apply for Carers Allowance, and gave her a small break grant so she could have a weekend away to visit her oldest friend. We also gave her information about activity groups in her local area, to encourage her to meet new people and get some exercise during the week.

**CALL US:**

**0114 272 8362**

# your rights

Assessments • Legal Advice • Benefits

**Carer's Needs Assessments** provide an opportunity to talk with one of our Carer Advisors about how your caring role affects your life, and to consider the support or services you might need to help you with this.

A carer's needs assessment is not about assessing how well you are carrying out your unpaid caring role; it is solely to consider you, and what support you might need. If you are an adult caring for someone who lives in Sheffield, you are entitled to contact the Carers Centre and ask about an assessment.

There's more information about this on our website, or call the Carer Advice Line to find out more.

Our team of advisors can help with queries about your rights as an unpaid carer, or can help you access specialist support if necessary. We can arrange advice about **benefits and allowances** or money management, your rights when juggling **caring and employment**, or **legal advice**, for example, about power of attorney or preparing a will. We can also look at how we can support you to have time for yourself through our **Time for a Break** scheme.

## community

Friends • Support • Coffee and Cake

Carers sometimes can feel isolated in their role or struggle to find time for themselves. We can tell you about social activities and groups you might be interested in, and give you a Carers Card which provides discounts locally.

### Carers Café

This is an opportunity to meet other carers in an informal environment, alongside a cup of coffee and a piece of cake. All carers are warmly encouraged to come, and you are also very welcome to bring the person you care for. The event is supported by volunteers who are available to chat to you – or to the person you care for, enabling you to talk to other carers.

The Café meets every second Friday of the month, at the United Reformed Church in the city centre, 10am—12pm.

Contact Jan Outram for more details by emailing [jan@sheffieldcarers.org.uk](mailto:jan@sheffieldcarers.org.uk) or call 0114 278 8942.