

# Sheffield Carers Centre

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One in ten people in Sheffield care for a family member or friend due to an illness, disability mental health issue, frailty or substance misuse.

## **If this is you, we can help!**

Sheffield Carers Centre offers support to all unpaid adult carers in the city who look after friends and family.

We have a dedicated team of Carer Advisors on hand to help you.

Contact us to make sure you're getting the support you need.



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### **Carer Registration Form**

So we can add you to our mailing list, send you your welcome pack and our newsletters, we need the details which you fill in overleaf. We will always keep this information safe and confidential.

### **Fill in this form and then hand it into reception.**

Or post it to Sheffield Carers Centre, Concept House, 5 Young St, Sheffield, S1 4UP

Please make sure you tick the box to opt in to receiving our newsletter and monthly e-bulletin, as well as other useful information we think you should be aware of.

Please see [sheffieldcarers.org.uk/data](http://sheffieldcarers.org.uk/data) for more information and our full privacy statement.

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# our services

Advice • Support • Community

## Carers Advice Line

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



0114 272 8362



@SheffieldCarers



sheffieldcarers.org.uk



@SheffieldCarers

## Carers Community Events

Including cafes, choirs and groups in your local area.

## Specialist Advice

Get help with benefits, rights at work and legal questions.

## Regular Newsletter

Information about carers services and other news.

Registered Charity No. 1041250

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