

Sheffield Carers Centre: how we can help



Sheffield Carers Centre provides advice, information and support to any adult carer in the city. A carer is someone who provides unpaid support to an adult or child with a disability, illness, frailty, mental health issue or addiction. The caring might be for a few hours or 24/7 and may be for multiple people, but without this support, the cared-for person could not manage.

Carers can be registered with the Centre by providing their basic details and they receive a Welcome Pack including the Newsletter, list of our services and the Carer Card.

A carer can self-refer by phoning **0114 272 8362**. Professionals can refer with our Referral Form available on our [website](http://www.sheffieldcarers.org.uk): **www.sheffieldcarers.org.uk/contact-us**.

Email this to support@sheffieldcarers.org.uk. If the carer or caring relationship is in crisis or the referral is time-critical, please also call 0114 272 8362 to discuss the issue.

ADVICE & INFORMATION

Carer Advice Line

(for all enquiries 0114 272 8362, available 9-6 weekdays)

Drop-In sessions

(Wednesdays 10-12)

Specialist Advice

- Welfare and benefits
- Employment rights
- Legal advice

Carers Needs Assessments

(for carers of adults over 18, to assess the impact of their caring role)

Planning for an emergency

Counselling

Support for older families of people with Learning Disabilities/Autism

Newsletter

Help to care, and to have a break

- Carer Card (discounts and offers)
- 'Time for a Break'
- Grants for equipment

COMMUNITY & SOCIAL SUPPORT

Carers Café

(monthly social space for support and activities)

Mental Health Hub

(monthly group for carers of people with mental health issues)

'Community Connect'

(support in to social activities)

Carer Support Groups

(not facilitated by the Carers Centre; running monthly in most areas of Sheffield)

Community Events

Social Media

(news, activities and advice via Facebook and Twitter)

www.sheffieldcarers.org.uk

Sheffield Carers Centre, Concept House, 5 Young Street, Sheffield S1 4UP