Getting support from Sheffield Carers Centre

Who is a carer?
An unpaid carer is someone who provides practical and/or emotional support to an adult or child with an illness, disability, frailty, mental health problems or addiction issues.

Who do we support?
We are commissioned by Sheffield City Council to support all unpaid adult carers, over 18 years old. See overleaf for how to get support.

What are the issues?
There are nearly 65,000 people providing practical and/or emotional support to an adult or child with a significant caring need in Sheffield. Most simply get on with looking after that person, because it’s ‘what you do’ for a family member or friend. Providing support can be rewarding but also very demanding and can have a negative impact on that caring individual in many ways, and may even result in caring situations breaking down.

What support can carers receive?
Many of those providing support don’t necessarily call themselves a ‘carer’. This means that they often miss out on support for themselves that could also help them continue with their role, if they wish to. The needs of the person doing the looking after is often overlooked because the needs of the cared-for-person come first.

Sheffield Carers Centre can help with a range of practical and emotional issues, from specialist advice to just listening with compassion. Get in touch to find out how we can help.

Sheffield Carers Centre supports adult carers.

Phone: 0114 272 8362
Email: support@sheffieldcarers.org.uk
Address: Sheffield Carers Centre, Ground Floor East, Concept House, 5 Young Street, Sheffield S1 4UP
Registered Charity: 1041250

Sheffield Young Carers supports carers between the ages of 8-25 years old.

Phone: 0114 258 4595
Email: information@sheffieldyoungcarers.org.uk
Address: Sheaf Bank Business Park, Unit R7b, Riverside Block, 20 Prospect Road, Sheffield S2 3EN
Registered Charity: 1140105
An **adult** carer (over 18 years)

The person would like to know what support they can get

If they want to keep in touch but don't have anything that needs immediate help with: **REGISTER**

Online: sheffield-carers.org.uk/contact-us
Phone: 0114 272 8362

They want to receive our newsletter and a list of Sheffield Carers Centre services

They contact the Centre as/when required for advice, information and support

Centre helps them to connect with relevant other services and organisations

If they want some support, they need a **REFERRAL**. That person can phone to refer themselves. Professionals complete the referral form: sheffieldcarers.org.uk/contact-us

**Email:** support@sheffieldcarers.org.uk
Phone: 0114 272 8362
Post: Sheffield Carers Centre, Ground Floor East, Concept House, 5 Young Street, Sheffield S1 4UP

For **urgent** referrals, please phone to explain the situation and these will be dealt with more quickly

**Non urgent** referrals receive a phone call in 3-4 weeks where we introduce the Centre, start to assess their situation and agree the next steps for support.

Support can be by phone, email or in person.

They receive a Carer’s Needs Assessment to see how caring affects different elements of their life. Advisor agrees a plan of how the individual will be supported.

A **young** carer (8-25 years)

Contact **Sheffield Young Carers**
Phone: 0114 258 4595
**Online:**
www.sheffieldyoungcarers.org.uk

**Phone:** 0114 258 4595

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Centre helps them to connect with relevant other services and organisations

They receive a Welcome Pack by email or post

Access to a range of services at Sheffield Carers Centre