



Resources for Carers, Young Carers and Staff:

11. Useful Contacts

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1. Support for Carers in Sheffield Aged 18+

There are a variety of local voluntary and community organisations within Sheffield. These provide information, advice and support for adults aged 18+ who are caring for another adult. This consists of the following organisations:

Sheffield Carers Centre:

Address: Concept House
5 Young Street
Sheffield
S1 4UP

Website: www.sheffieldcarers.org.uk

Phone: 0114 278 8942

Email: support@sheffieldcarers.org.uk

MAAN—Somali Mental Health:

Address: 8 Paradise Street
Sheffield
S1 2DF
Open Monday-Friday 09:30-16:30
Carers drop-in Mondays 13:00-15:30

Phone: 0114 275 8556

Email: admin.maan@tiscali.co.uk

ROSHNI—Sheffield Asian Women's Resource Centre:

Address: 444 London Road
Sheffield
S2 4HP

Website: www.roshnisheffield.co.uk

Phone: 0114 250 8898

Email: admin@roshnisheffield.org.uk

Pakistan Advice Community Association (PACA):

Address: 127 Page Hall Road
Sheffield
S4 8GU

Phone: 0114 261 9130

Sheffield MIND:

Address: 57 Wolstenholm Road
Sheffield
S7 1LE

Website: www.sheffieldmind.co.uk

Phone: 0114 258 4489

Email: info@sheffieldmind.co.uk

2. Support for Young Carers in Sheffield

Sheffield Young Carers:

Address: Sheaf Bank Business Park
Unit R7b
Riverside Block
20 Prospect Road
Sheffield
S2 3EN

Website: www.sheffieldyoungcarers.org.uk

Phone: 0114 258 4595

Email: information@sheffieldyoungcarers.org.uk

The Children's Society have produced a pack about young carer rights called 'Young Carers in Focus—Know Your Rights'. This can be found at;
www.childrensociety.org.uk/sites/default/files/DownloadableResources/know_your_rights.pdf

3. Carer Support Groups in Sheffield

Sheffield Directory provides information on a range of local carer support groups:

Asperger's Children and Carers Together (ACCT):

When: Quarterly on Wednesday evenings 19:00-21:00

Address: St. Mary's Community Centre
Bramall Lane
Sheffield
S2 4QZ

Contact: 0114 223 0242

Autism Hope North:

When: First Tuesday of each month 09:30-11:00

Address: St. John's Parish Centre
21 Housley Park
Chapelton
Sheffield
S35 2UE

Contact: 07968 984 179

Bipolar UK Sheffield Support Group:

When: Third Thursday of each month 19:15-21:00

Address: Quaker Meeting House
St. James Street
Sheffield
S1 2EW

Contact: 0333 323 3885

CAMHS Support Groups:

When: Third Monday of each month 10:00-11:00

Address: Becton Centre
Sevenairs Road
Beighton
Sheffield
S20 1NZ

Contact: 0114 271 2000, or

When: First Wednesday of each month 11:00-12:00

Address: Centenary House
Heritage Park
55 Albert Terrace Road
Sheffield
S6 3BR

Contact: 0114 271 2000

Carer Stroke Support Group:

When: Monthly Wednesdays 10:30-12:00

Address: Sheffield Carers Centre
Concept House
5 Young Street
Sheffield
S1 4UP

Contact: 0114 272 8362

Carers Café:

When: Second Friday of each month 10:00-12:00

Address: The Central United Reform Church
60 Norfolk Street
Sheffield
S1 2JB

Contact: 0114 278 8942

Carers Outreach Project (COPE):

When: Fortnightly 10:30-15:30

Address: Sheffield Mencap and Gateway
Norfolk Lodge
Park Grange Road
Sheffield
S2 3QF

Contact: 0114 275 8879
COPE@sheffieldmencap.org.uk, or

When: First Tuesday of the month 11:00-14:00

Address: Various locations around Birley. Contact for further details

Contact: 0114 275 8879
COPE@sheffieldmencap.org.uk,

Council and Carers Choir:

When: Mondays 12:00-13:00

Address: Moorfoot Building
1 Moorfoot
Sheffield
S1 4PQ

Contact: 0114 278 8942

Darnall Carers Group:

When: Fourth Tuesday of each month 10:30-12:00

Address: Church of Christ
Station Road
Darnall
Sheffield
S9 4JT

Contact: 0114 272 8362

Darnall Dementia Group:

When: First Wednesday of each month afternoon

Address: Darnall Dementia Trust
Lightwood House
Lightwood Lane
Sheffield
S8 8BG

Contact: 0114 226 2116, or

When: Monthly Mondays 18:30-20:30

Address: Woodland View
1 Lightwood Lane
Sheffield
S8 8BG

Contact: 07518 746 472

Epilepsy Action Support Group:

When: Second Thursday of each month 19:15-20:45

Address: Quaker Meeting House
10 St. James Street
Sheffield
S1 2EW

Contact: 0114 235 2197

FABLE Epilepsy Support Group:

When: Contact for details

Address: 37-39 Bedford Street
Sheffield
S6 1BT

Contact: 0114 275 5335

Forget Me Not Memory Café:

When: Tuesdays (term time) 09:30-11:30

Address: The Parsons Cross Community Development Forum
St. Thomas More Community Centre
56 Margetson Crescent
Sheffield
S5 9NB

Contact: 0114 327 9727

Frontotemporal Dementia Carers Group:

When: Second Tuesday of each month 18:30-20:30

Address: Community Room
Heeley City Farm
Richards Road
Sheffield
S2 3DT

Contact: 0114 258 0482

Gleadless Valley Carers Group:

When: Third Thursday of each month 10:30-12:30

Address: Newfield Green Library
577 Gleadless Road
Sheffield
S2 2BT

Contact: 0114 237 8724 or 0114 239 8946

Handsworth Parent Carer Group:

When: Fourth Wednesday of each month 10:00-11:30, or
Second Thursday of each month 19:30-21:00

Address: Handsworth Old Rectory Community Centre
402B Handsworth Road
Handsworth
Sheffield
S13 9BZ

Contact: 0114 269 2537 (clarify dates beforehand)

Hillsborough Carers Group:

When: Last Thursday of each month 10:30-12:30

Address: The Rawson Spring Wetherspools
501 Langsett Road
Hillsborough
Sheffield
S6 2LN

Contact: 07764 964 531

JABADAO Dementia Group:

When: Mondays 13:00-14:00

Address: The Parsons Cross Community Development Forum
St. Thomas More Community Centre
56 Margetson Crescent
Sheffield
S5 9NB

Contact: 0114 327 9727

Jordanthorpe Carers Group:

When: Fourth Tuesday of each month 13:00-14:30

Address: Unit 2
Jordanthorpe Centre
Sheffield
S8 8DX

Contact: 0114 237 8724

Lowedges Carers Group:

When: Second Tuesday of each month 10:30-12:00

Address: Terminus Café
232 Lowedges Road
Sheffield
S8 7JB

Contact: 0114 237 8724

Mental Health Carers Group:

When: First Wednesday of each month 14:00-16:00

Address: Chapel in Michael Carlisle Centre
75 Osborne Road
Sheffield
S11 9BF

Contact: 0114 271 8022

Mental Health Hub:

When: Third Thursday of each month 10:30-12:00

Address: Sheffield Carers Centre
Concept House
5 Young Street
Sheffield
S1 4UP

Contact: 0114 278 8942

Mind Dementia-Friendly Tea Room:

When: Every Monday 13:30-15:30

Address: Mind Wellbeing Centre
110 Sharrow Lane
Sheffield
S11 8AL

Contact: 0114 258 4489

North Sheffield Carers Group:

When: Second Wednesday of each month 19:00-21:00

Address: Ecclesfield Support Unit
712 Wordsworth Avenue
Sheffield
S5 9JN

Contact: 0114 457 7511, or
0114 249 0573

Parkinson's UK Carers Group:

When: First Tuesday of each month 14:00-16:00

Address: Quaker Meeting House
10 St. James Street
Sheffield
S1 2EW

Contact: 0114 262 0468

Pathological Demand Avoidance (PDA) Support Group:

When: Contact for details

Address: Contact for details

Contact: pda.rotherhamsheffield@gmail.com

Ray of Hope Support Group:

When: Second and fourth Tuesday of the month 09:15-11:30 (term time only)

Address: Eskdale Community Centre
Eskdale Drive
Sheffield
S6 1SL

Contact: 0114 249 0797

SACMHA Carers Group:

When: First Wednesday of each month 11:00-12:00

Address: SACMHA
24 Andover Street
Sheffield
S3 9EH

Contact: 0114 272 6393

SAYiT Parents and Carers Group:

When: First Thursday of each month 17:30-19:30

Address: Scotia Works
Leadmill Road
Sheffield
S1 4SE

Contact: 0114 241 2728

Sheffield Asperger Parent Action Group (SAPAG):

When: Third Wednesday of each month 19:00-21:00

Address: Charles Street Building
Sheffield Hallam University
Sheffield
S1 2NE

Contact: 07817 521 950

Sheffield Autistic Society Support Group:

When: Third Wednesday of each month 12:30-14:30

Address: Sheffield Carers Centre
5 Young Street
Sheffield
S1 4UP

Contact: 07923 473 240

Sheffield Coronary Society Group:

When: Wednesdays and Thursday evenings 19:30-20:30

Address: Concord Sports Centre
Shiregreen Lane
Sheffield
S5 6AE

Contact: 0780 083 6350

Sheffield Down Syndrome Support Group:

- When:** Second Saturday of each month
- Address:** St. Mary's Community Centre
Bramall Lane
Sheffield
S2 4QZ
- Contact:** downsyndromesheffield@gmail.com

Sheffield Drugs and Alcohol Coordination Team (DACT) Support Group:

- When:** Alternate Wednesdays 18:30-20:30
- Address:** Contact for details
- Contact:** 0114 272 1481

Sheffield ME Group Café Drop-Ins:

- When:** Variety of dates and times
- Address:** Variety of locations
- Contact:** 0114 253 6700

Sheffield Mencap Learning Disability Carers Groups:

- When:** First Thursday of each month 12:30-14:00
- Address:** Norfolk Lodge
Park Grange Road
Sheffield
S2 3QF
- Contact:** 0114 275 8879, or

When: Third Tuesday of each month 12:00-14:00 'Chapeltown Group'

Address: Acorn Inn
516 Burncross Road
Burncross
Sheffield
S35 1SL

Contact: 0114 275 8879, or

When: Fourth Tuesday of each month 12:00-14:00 'Butty Group'

Address: Sheffield Carers Centre
5 Young Street
Sheffield
S1 4UP

Contact: ldcarersbuttygroup@gmail.com, or
0114 278 8942, or

When: Last Thursday of each month 12:00-14:00

Address: The Sherwood
Frecheville
67 Birley Moor Road
Sheffield
S12 4WG

Contact: 0114 275 8879

Sheffield Small Talk:

When: Tuesdays 10:00-12:00

Address: Department of Human Communication Sciences
University of Sheffield
362 Mushroom Lane
Sheffield
S10 2TS

Contact: 0114 2222 418

Sheffield Spiritual Crisis to Emergence Group:

When: Third Saturday of each month 13:30-15:00

Address: Contact for details

Contact: 07790 757 955

Sheffield Stroke Survivors Group:

When: Fortnightly on Saturdays 13:15-15:30

Address: Shipton Street
Upperthorpe
Sheffield
S6 3NA

Contact: 07546 539 373

Sheffield Young Carers:

When: Tuesdays 17:00-19:00 (12-16 year olds from across Sheffield)
Wednesdays 17:00-19:00 (8-12 year olds living in South Sheffield)
Thursdays 17:00-19:00 (8-12 year olds livings in North Sheffield)
Every second month (16-25 year olds from across Sheffield)

Address: Various locations

Contact: 0114 258 4595 for more information

ShipShape Carers Group:

When: Third Tuesday of each month 10:00-12:00

Address: The Stables
Sharrow Lane
Sheffield
S11 8AE

Contact: 0114 250 0222

SMART Family and Friends Group:

When: Every Wednesday 17:30-19:00

Address: Sheffield Alcohol Support Service
646 Abbeydale Road
Sheffield
S7 2BB

Contact: 0800 032 3723

Sparkle Sheffield Support Group:

When: Third Wednesday of each month

Address: Knowle House
4 Norfolk Park Road
Sheffield
S2 3QE

Contact: info@sparklesheffield.co.uk

Stocksbridge Community Care Group Dementia Café:

When: First Thursday of each month 10:00-12:00

Address: The Venue
650 Manchester Road
Sheffield
S36 1DY

Contact: 0114 283 0141

Stroke Carers Support Group:

When: Second Wednesday of each month 10:30-12:00

Address: Sheffield Carers Centre
Concept House
5 Young Street
Sheffield
S1 4UP

Contact: 0114 272 8362 (clarify dates beforehand)

Substance Misuse Carer/Relative/Friend Group:

When: Alternate Wednesdays 18:00-19:30

Address: 44 Sidney Street
Sheffield
S1 4RH

Contact: 0114 272 1481
07815 538 245

Woodhouse Carers Group:

When: Second Wednesday of each month 10:30-12:00

Address: Woodhouse Salvation Army Hall
26-28 Tannery Street
Sheffield
S13 7JW

Contact: 0114 248 1004

Young Onset Dementia Carers Group:

When: Last Monday of each month 13:00-15:00

Address: Riley and Co.
Farrar Road
Antiques Quarter
Sheffield
S7 1BU

Contact: youngonsetfriends@gmail.com

Zest Carers Group:

When: Alternate Thursdays 13:30-15:00

Address: Zest Centre
18 Upperthorpe Road
Sheffield
S6 3NA

Contact: 0114 270 2040

Please check the dates, times and availability of groups before you attend as group arrangements may alter.

4. National Support

Carers Trust:

Carers Trust provides information on money & benefits, getting a break, health & wellbeing, working & learning, legal & rights, carers assessments and more. Visit www.carers.org/section/help-advice.

Website: www.carers.org

Phone: 0300 772 9600

Email: info@carers.org

Carers UK:

Carers UK provides information on your rights and how to get help. Information pages include www.carersuk.org/help-and-advice. For practical support, such as, how to find care workers for home, or residential and nursing care, visit www.carersuk.org/help-and-advice/practical-support. The website also has information on financial support, health, work & career, your relationships, technology & equipment, get support, get resources, supporting you to take a break and more.

Website: www.carersuk.org

Advice line: 0808 808 7777 (10:00-16:00 Mondays and Tuesdays)

Email: advice@carersuk.org

Carers Direct:

Carers support and information online. Advice on respite breaks, carers allowance, carers assessments, community care assessments and practical support.

Website: www.nhs.uk/conditions/social-care-and-support-guide/help-from-social-services-and-charities/helplines-and-forums

Helpline: 0300 123 1053 (09:00-20:00 Monday to Friday and 11:00-16:00 weekends). There is also a web chat option

Alzheimer's Society:

The Alzheimer's Society is a care and research organisation for people with dementia and their carers. They have local offices throughout the country and offer practical and emotional support and advice.

Website: www.alzheimers.org.uk

Help line: 0300 222 1122 (09:00-20:00 Mondays to Wednesdays, 09:00-17:00 Thursdays & Fridays and 10:00-16:00 Saturdays & Sundays)

The Sheffield office provides information and support; carer support groups; dementia cafés; day care and home support for people under 65 years of age:

Address: Alzheimer's Society Sheffield
110 Burton Street
Sheffield
S6 2HH

Phone: 0114 276 8414

Email: sheffield-enquiries@alzheimers.org.uk

Age UK:

Age UK provide companionship, advice, and support for older people and their carers.

Website: www.ageuk.org.uk

Advice line: 0800 678 1602 (08:00-19:00; 365 days a year)

Email: contact@ageuk.org.uk

Rethink:

Rethink provides practical advice and information on mental health including services, such as, advocacy, carer support and crisis services. Their website has free printable resources and factsheets.

Website: www.rethink.org

Advice line: 09:30-16:00 (Mondays to Fridays)

Phone: 0300 5000 927

Email: info@rethink.org

Mind:

Mind provides information on different types of mental health problem, where to get help, medication and other treatments, and mental health legislation. Their website has a range of free factsheets and advice leaflets.

Website: www.mind.org.uk

Info line: 0300 123 3393 (09:00-18:00 Mondays to Fridays (except bank holidays))

Text: 86463

Email: info@mind.org.uk or legal@mind.org.uk for information and general advice on mental health related law.

National Self Harm Network Forum:

National Self Harm Network forum supports and provides information for family and carers of individuals who self-harm.

Forum: www.nshn.co.uk/forum

Mencap:

Mencap offers services to adults and children with learning disabilities and provides information and advice for parents, carers and family members of someone with a learning disability. They can also provide information support for leisure, recreational services (Gateway Clubs), residential services and holidays.

Website: www.mencap.org.uk

Help line: 0808 808 1111 (09:00-15:00 Mondays to Fridays)

Email: helpline@mencap.org.uk

5. Benefits and Support with Managing Money

Caring can have an impact on finances and lead to money worries. The government provides a variety of benefits allowances and credits both for carers and cared for people.

For up to date information, visit:

- www.adviceguide.org.uk
- www.carersuk.org/help-and-advice/financial-support
- www.carers.org/article/money-and-benefits
- www.gov.uk/browse/benefits/disability

Some benefits include:

- Carer's Allowance/Carer Premium
- Personal Independence Payment
- Disability Living Allowance
- Attendance Allowance

Online Benefits and Financial Information Guides:

Mental Health and Debt is a PDF booklet developed by Money Saving Expert and supported by Mind, Rethink, CAPUK and others, for people with mental health problems and those caring for them.

Visit www.moneysavingexpert.com/credit-cards/mental-health-guide.

Local Advice Centres:

Sheffield Citizens Advice and Law Centre:

Address: The Circle
33 Rockingham Lane
Sheffield
S1 4FW

Advice line: 03444 113 111 (10:00-16:00 Mondays to Fridays except bank holidays)

Website: www.citizensadvicesheffield.org.uk

Sheffield Mental Health Citizens Advice Bureau and Advocacy Service:

Sheffield has a specialist Citizens Advice Bureau supporting adults with mental health difficulties to make sure they get the benefits and services they are entitled to and to help them speak up for themselves.

Phone: 0114 271 8025 (09:00-17:00 Mondays to Fridays)

6. Getting a Carers Assessment

As a carer, you have the right to have your needs assessed by the council as well as the person you care for. You may be able to get respite care arranged for the person you care for. The assessment will determine what support you may be entitled to.

Sheffield City Council have commissioned the Sheffield Carers Centre to provide dedicated support to adults providing unpaid care to someone else in Sheffield. Contact 0114 272 8362.

Sheffield Health and Social Care is commissioned to provide carers assessments to individuals under mental health services who are in receipt of a social care package. Sheffield Carers Centre is commissioned to complete all other adult carers' assessments.

It is the responsibility of anyone who works with a young carer or their parents to complete a young carer's assessment with them. This can be found here; www.sheffield.gov.uk/content/dam/sheffield/docs/social-care/young-carers-assessment/Young%20Carers%27%20Assessment.pdf.

7. Respite Care

Residential Respite:

There are residential care and nursing homes providing 24 hour care for older people, people with Learning Disabilities, people with mental health issues, people with physical and sensory impairments and for people with life-limiting conditions.

The Sheffield Directory provides a list of residential care homes and nursing homes which can provide respite care. Visit www.sheffielddirectory.org.uk/kb5/sheffield/directory/results.page?qt=respites&term=&adultchannel=5_6&sorttype=relevance.

Care at Home:

Someone comes to stay in the home of the person you care for and provides their care for a while. This can be for a few hours or overnight. The care can be provided by a family member or someone from a homecare agency. Homecare agencies which can provide respite are listed on the Sheffield Directory.

Adult placement—Shared Lives:

Shared Lives is provided by Sheffield City Council. Shared Lives provides carers who offer long-term care, short breaks, emergency respite care, day care, sitting service and befriending.

Shared Lives can provide respite care at short notice in the carers' home, for a limited amount of time, day or night. This can be in response to an unforeseen situation, for example, if you fall ill or need to attend an urgent appointment.

Website: www.sheffield.gov.uk/sharinglives

Phone: 0114 273 5275

Email: sharedlives@sheffield.gov.uk

Local Day Activities:

The person you care for can be helped to take part in activities outside the home, for instance at a social centre or day care centre. The Sheffield Directory provides a list of organisations which provide a day care and day activities.

Visit

www.sheffielddirectory.org.uk/kb5/sheffield/directory/results.page?qt=day+care+and+day+activities&term=&sorttype=relevance.

NHS:

Information about carers breaks and respite can be found at www.nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-for-carers/carer-breaks-and-respite-care.

8. Grants to Help You Get a Break

Carers Trust/Sheffield Carers Centre:

Carers Trust's 'Time for a Break' service aims to support carers to take a break from their caring role.

Visit www.sheffieldcarers.org.uk/time-for-a-break or call 0114 272 8362 for more information.

Sheffield Young Carers:

Sheffield Young Carers have information about applying for the Young Carers Activity Fund. This pays for activities that give young carers a break from caring up to £300.

Find out more at www.sheffieldyoungcarers.org.uk/young-carers-activity-fund or call 0114 258 4595.

Family Holiday Association:

Visit www.familyholidayassociation.org.uk/apply-for-a-break.

9. Health and Wellbeing

Sheffield Improving Access to Psychological Therapies (IAPT) provides self-help courses and resources for people wanting to learn more about dealing with low mood and anxiety. Visit www.iaptsheffield.shsc.nhs.uk for more information. To book a place on any of the courses listed below, visit the website or call 0114 226 4380.

Stress Control

Stress Control is a course running over six consecutive weeks (afternoon and evening classes available). It will provide you with information based on proven ways to manage stress, anxiety and depression. You will not be asked to share your experiences or to speak in front of others, just sit back and listen.

Improving Wellbeing sessions

These sessions are another way to help people overcome low mood, anxiety and worry. Improving Wellbeing sessions include; Overcoming Low Mood, Mother & Baby, Overcoming Anxiety & Worry and Arabic Wellbeing sessions.

First Steps in Mindfulness

First Steps in Mindfulness for Wellbeing is a four week course which gives a practical introduction to mindfulness meditation so that you can explore the benefits this can bring to your health and wellbeing.

Employee Advice

Employee Advice provides free and confidential advice and support if anxiety and depression are affecting your work or you are looking to return to work. They can help with a range of issues, such as, redundancy, unfair dismissal, holidays and grievances.

Helping Your Physical Health and Wellbeing

This supports individuals with long-term health conditions, such as; pain, skin conditions, COPD, diabetes, IBS, fatigue, after cancer and heart conditions. The Health and Wellbeing service helps to manage health conditions and improve wellbeing.

SilverCloud

SilverCloud is a flexible online therapy programme for symptoms of low mood and anxiety. You will need access to the internet and sound. It takes about 1-2 hours each week to work through the modules. Phone the IAPT team to request a telephone appointment; this is required to access SilverCloud.

There are a variety of other resources available to support health and wellbeing:

Moodgym

This is free website that has a program to help people deal with symptoms of depression and anxiety.

Website: www.moodgym.com.au

Living Life to the Full

This is another free website that has a program to help live life to the full and overcome stress and low mood.

Website: www.lltff.com

NHS Live Well

NHS Live Well gives advice, tips and tools to help you make the best choices about your own health and wellbeing.

Website: www.nhs.uk/live-well

MyCare App

The Meriden Family Programme has developed the MyCare app for phones and tablets. This sets personal goals, checks how well you are doing over time, get help with your wellbeing and managing stress.

Website: www.mycareapp.co.uk

Headspace

Headspace is an app which teaches the “life-changing” skills of meditation and mindfulness in a few minutes a day.

Website: www.headspace.com

Libraries Sheffield

Libraries Sheffield have a variety of services which may be of interest to carers and young carers. They run regular Shared Reading groups whereby attendees relax as stories and poems are read aloud. They also offer a free home library service for people who are unable to visit a library. Libraries Sheffield have an online system whereby eBooks, eAudiobooks and eMagazines can be accessed. For information on these services and others, visit www.sheffield.gov.uk/libraries.html.

Reading Well

Reading Well provides recommendations of helpful books which can be found at your local library. These books are recommended by health experts, people living with conditions and their relatives and carers. For more information, visit www.reading-well.org.uk.

10. Useful Resources

Information and leaflets are available to download from www.shsc.nhs.uk/service-users-and-carers/carers-and-young-carers. The following resources are available for carers, young carers and staff:

1. Advocacy
2. Carers' and Young Carers' Charter
3. Carers' and Young Carers' Assessments
4. Carers' and Young Carers' Checklist
5. Community Teams
6. Confidentiality and Information Sharing
7. Hospital Admissions and the Mental Health Act
8. How to Get Involved
9. Mental Health Crisis
10. Understanding Mental Health Conditions and Medication
11. Useful Contacts Leaflet
12. Information Pack

These resources were designed in partnership with carers and young carers. SHSC worked collaboratively with Sheffield Carers Centre, Sheffield Young Carers and Chilypep and we would like to acknowledge their hard work, advice and support. These resources were updated in 2019 to ensure accuracy of information. With thanks to Jana Sandford for the artwork throughout.

For further information, contact:

- Sheffield Carers Centre on 0114 272 8363 or www.sheffieldcarers.org.uk
- Sheffield Young Carers on 0114 258 4595 or www.sheffieldyoungcarers.org.uk
- Carers Trust on 0300 772 9600 or www.carers.org

Or alternatively, contact your local SHSC team to get more information.



This document was accurate as of January 2020.