



**CROSS
ROADS
CARE**

Charity

Supporting You in Your Caring Role

A practical guide for working carers

Information, advice and support for unpaid carers across South Yorkshire.

You might be supporting a parent, partner, child, relative, friend or neighbour.

You might help with medication, appointments, shopping, personal care, finances or simply making sure someone is safe.

You might do this every day, a few times a week or only when you're needed.

And you might never have thought of yourself as a carer. If you provide unpaid help or support to someone who couldn't manage without you because of illness, disability, mental health difficulties or older age, you may be an unpaid carer.

You don't have to manage everything alone, Crossroads Care is here to help.

Who are Crossroads Care?

Crossroads Care is a local charity supporting unpaid carers, the people they care for and other people who need additional support.

We provide practical, emotional and wellbeing support designed to make caring more manageable and help people maintain their independence.

Our support is available across areas of Rotherham, Sheffield and Doncaster, with different services available depending on where you live and your individual circumstances.



How we can support you

- ◆ Information and advice for unpaid carers.
- ◆ Carer groups and opportunities to meet other carers.
- ◆ Wellbeing support.
- ◆ Carer assessments and referrals.
- ◆ Respite and replacement care.
- ◆ Dementia and Alzheimer's support.
- ◆ Counselling and therapeutic support.
- ◆ Young and young adult carer support.
- ◆ Help accessing grants and financial support.
- ◆ Local activities and events.
- ◆ Signposting to other specialist organisations.
- ◆ Online information and support through Carer Connect South Yorkshire.

Caring for someone shouldn't mean losing yourself

When you're focused on somebody else's needs, it can be easy to put your own needs last. Here are some signs you might need support:



Burnout



Isolation



Poor sleep



Feeling exhausted



Anxiety or low mood



Feeling overwhelmed



Struggling financially



Becoming irritable or emotional



Missing your own appointments

Support available through Crossroads Care

Information & Advice

Our teams can help you understand what support is available locally and connect you with services that may be able to help.

Wellbeing Support

Support may include opportunities to talk, connect with others, take part in activities and access services that support your emotional and physical wellbeing.

Respite & Replacement Care

Our Care Support Workers can support the person you care for at home, giving you time for work, appointments or a break.

In Rotherham, our Dementia Day Centre also provides specialist support and meaningful activities for people living with dementia.

Support available through Crossroads Care



Counselling and Therapeutic Support

Caring can bring stress, grief, changes in relationships and difficult emotions. Therapeutic and counselling support may be available to give you a safe space to talk and look after your own wellbeing.



Young Carer Support

Children and young people can also have caring responsibilities. Specialist support is available for young and young adult carers through our services.



Grants and Financial Support

Caring can create additional costs. Our team can help you explore available support and, where appropriate, help you access or apply for grants and connect you with specialist financial advice.

Meet Other Carers

Our carer groups provide a friendly, supportive environment where carers can meet other people, access information and enjoy time away from their usual routine.

Rotherham Carers Groups:

Kiveton Park

Old Colliery Offices, Colliery Rd, Kiveton Park, Sheffield, S26 6LR
1st and 3rd Tuesday of every month 1:30 - 3:30

Crossroads Care Office

Unit H, The Point, Bradmarsh, S60 1BP
1st, 2nd & 3rd Wednesday of every month 2:00 – 4:00

Maltby

Edward Dunn Day Centre, Tickhill Rd, Maltby, S66 7NQ
2nd & 4th Thursday of every month 2:00 – 4:00

Swinton

Swinton Civic Hall, Station St, Swinton S64 8PZ
Last Tuesday of every month 2:00 – 4:00

Meet Other Carers

Doncaster Carer Groups:

Donsville Community Centre

72 High Street, Dunsville, Doncaster DN7 4BX

Tuesday 1:30 – 3:30

The Silverlink Centre

Bennethorpe, Doncaster, DN2 6AA

Wednesday 1:30 – 3:30

Family Hub Centre

School Walk, Denaby Main, Doncaster, DN12 4HZ

Thursday 1:30 – 3:30

Greenwood Centre

Latin Gardens, Scawsby, Doncaster, DN5 8TE

Friday 1:30 – 3:30

Carer Support in Sheffield

Crossroads Care also provides support for carers in Sheffield through Sheffield Carers Service.

Our Sheffield groups and activities can vary throughout the year, so rather than listing dates that may quickly become outdated, contact the Sheffield team for the latest timetable and information about what's currently available.

The team can also help you find the right support based on your caring situation.

Contact Sheffield Carers Service for the latest groups, activities and support available.



Financial Support Available to You

Carer's Allowance

You may be able to claim if you care for someone for at least 35 hours a week and they receive a qualifying disability benefit.

Carer's Credit

Helps protect your National Insurance record if caring responsibilities prevent you from working.

Pension Credit

Extra financial support may be available for carers over State Pension age.

Universal Credit

You may be entitled to additional support through the Carer Element if you're on a low income.

Benefits for the Person You Care For

The person you support may be entitled to: Attendance Allowance, Personal Independence Payment (PIP), Disability Living Allowance (DLA).

*Eligibility criteria apply and may change. Speak to our team for help exploring what support may be available.

Other Financial Support to Explore

Council Tax Support

Depending on your circumstances, you or the person you care for may qualify for a Council Tax discount, reduction or exemption.

Energy Redress (Our Service)

Our Energy Redress service helps Rotherham carers with energy advice, benefits information and ways to reduce household costs. We can also provide energy-saving resources, including LED bulbs and radiator foil, with Winter Warm Packs available during colder months.

Household Support

Local welfare and household support schemes may provide help towards essentials such as food, heating and emergency costs.

Grant Support

Some carers may be able to access grants to help with the additional costs of caring. Get in touch with Crossroads Care to find out what is available to you.

*Eligibility criteria apply and may change. Speak to our team for help exploring what support may be available.

Know your rights as a carer

If you're balancing work with caring responsibilities, you have employment rights that may help.

Carer's Leave

Eligible employees can take up to one week of unpaid Carer's Leave each year to provide or arrange care.

Flexible Working

You have a day-one right to request flexible working, including changes to your hours, working pattern or place of work.

Emergency Time Off

You may also have the right to reasonable time off to deal with an unexpected emergency involving a dependant.

For the latest employment rights information, visit [GOV.UK](https://www.gov.uk) or [acas.org.uk](https://www.acas.org.uk)



Carer Connect South Yorkshire is a free online platform bringing useful information for carers together in one place.

It can help you find:

- **Local support.**
- **Services.**
- **Events and activities.**
- **Practical information.**
- **Wellbeing resources.**

Carer Connect covers carers across Barnsley, Doncaster, Rotherham and Sheffield.

It's another useful place to start if you're unsure what support is available locally.

Visit their website: south-yorkshire.carerconnect.org.uk/

Don't wait until things become too much

You don't have to wait until caring becomes overwhelming to ask for support. Talk to our team to find the support that's right for you.

Crossroads Care

 01709 360 272

 info@crossroadsrotherham.co.uk

 crossroadsrotherham.co.uk

For Sheffield services, groups and activities, contact Sheffield Carers Service for the latest information.

Sheffield Carers Service

 0114 272 8362

 office@sheffield-carers.org.uk

 sheffield-carers.org.uk

You're supporting someone else. We're here to support you.