

## STUDENTS WHO ARE CARERS

*Handy links and contacts*

# Students who are Carers

## Being a Carer at Sheffield Hallam

The NUS (Learning with Care) report estimates that carers make up 3-6% of the student population, which would equate to 1000+ student carers in Sheffield Hallam University.

Students who provide unpaid support to a friend or family member due to an illness, disability, a mental health or addiction problem will face unique challenges during their studies.

Sheffield Hallam University recognises this and offers additional support to students with caring responsibilities to enable them to make the most of their time in higher education.

We have dedicated members of staff who can offer practical, financial and welfare advice to student carers. Student carers can also get involved with our mentoring schemes and other peer support initiatives.

Additional financial support may also be made to student carers who are experiencing financial difficulties through the Student Support Fund.

There are a lot of services within the University which student carers can access, but if we can't help, we hope that this booklet will be a handy starting point for other sources of support in the City which can help you balance university life with your caring role.

## Sheffield Hallam University - Student Services Centre

<http://www.shu.ac.uk/services/sls/support/student-carer.html>



"Specialist support within the university with a dedicated contact, for students who are carers, we provide help with academic matters as well as having links to our student funding and money skills team for any financial issues. We also work with the Sheffield Carers center and Sheffield Young Carers to provide support, information and events".

## Sheffield Hallam Students Union Advice Centre

[https://www.hallamstudentsunion.com/advice\\_help/](https://www.hallamstudentsunion.com/advice_help/)



"A team of professionally trained and experienced advisors, who are independent to the university. The students union offer advice on university policies such as extenuating circumstances and can help with financial support for carers. They also offer help in non-academic areas such as housing, legal and benefit issues".

## NUS - National Union of Students - Caring and Studying

<http://www.nus.org.uk/en/advice/caring-and-studying/?load=6&top=137>



"Very specific advice for people combining studying and being a carer, including benefits, time off studying and support"

## Sheffield Carers Centre

<http://sheffieldcarers.org.uk/>



"Carers in Sheffield offer advice, information, support groups and a free newsletter for carers four times a year".

## Sheffield Young Carers

<http://www.sheffieldyoungcarers.org.uk/>



"Sheffield Young Carers is an independent charity that has existed in Sheffield since 1997. We are dedicated to supporting young carers across the city."

## Sheffield Mencap & Gateway

<http://www.sheffieldmencap.org.uk/regular-support-for-carers>



"Sharing Caring Project (SCP) runs regular support groups for family carers each month around the city"

## Sheffield City Council

<https://www.sheffield.gov.uk/caresupport/carers.html>



"A full range of carers support and services provided by Sheffield Council, including practical support, financial support and employment support"

## NHS Direct

[www.nhs.uk/CarersDirect/young](http://www.nhs.uk/CarersDirect/young)



"NHS based advice with links to many useful support areas for young carers"

## MIND

<http://www.mind.org.uk/information-support/helping-someone-else/carers-friends-and-family-a-guide-to-coping/>



"Advice on how to cope as a carer, giving practical suggestions for what you can do and where you can go for support".

## ACCT Asperger's Children and Carers Together

<http://acctsheffield.org.uk/>



"A parent-led support group for children and families affected by Asperger's syndrome and High Functioning Autism. We run activity groups for children and teenagers with Asperger's and Autism, as well as family days out and other trips. Siblings are welcome too".

## Sheffield Parent Carer Forum

<http://www.sheffieldparentcarerforum.org.uk/>



"We are an independent group of parents and carers of children and young people (0-25) with disabilities and special educational needs"

## Signposts Sheffield - Support for carers

<https://www.signpostsheffield.org.uk/carers/support-carers>



"Here you can find out about different groups that support carers in Sheffield"

## Carers Trust - Finding local care and carer services

<http://www.carers.org/carers-services/find-your-local-service>



"Carers Trust Network Partners provide a range of support services for carers across the UK."

## Independent Age - Advice and support for carers of older people

<http://www.independentage.org/advice/five-ways>



"Five ways to make your life as a carer easier"

## National Carers Week

<http://www.carersweek.org/>



"Carers Week is an annual campaign to raise awareness of caring, highlight the challenges carers face and recognise the contribution they make to families and communities throughout the UK".

## Carers UK - Carers Rights Day

<http://www.carersuk.org/news-and-campaigns/campaigns/carers-rights-day>



"Having the right information at the right time can make a huge difference when you are looking after someone."

*This document was updated 03/08/2015*

If any of this information is out of date, or you wish to add an organisation, please contact the Student Services Centre at Sheffield Hallam University.

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tel: 0114 255 3813



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