



Caring and Working

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An increasing number of carers take on the role whilst also having a part-time or full-time job. Juggling the two things can be a challenge. The following websites offer a little bit about finding the balance, alongside a few tips for talking to employers about flexible working or taking time off when needed:

<http://www.carersuk.org/help-and-advice/work-and-career>

www.nhs.uk/CarersDirect/workandlearning/work/Pages/Overview.aspx

<http://www.macmillan.org.uk/Cancerinformation/Ifsomeoneelsehascancer/Workingwhilecaringforsomeone/Workingwhilecaringforsomeone.aspx>

The link below is to a document which can be used to find out who to ask regarding taking time off work, or for how long appointments might take and therefore how many hours you may need to take away from work. Although it has been put together by Macmillan, and is directed towards carers of someone who has cancer, the content is applicable to carers of all conditions:

http://www.macmillan.org.uk/Documents/Cancerinfo/Livingwithandaftercancer/WorkandcancerPDFs/Workitoutforcarers_2013.pdf

Carers' rights at work

The following links are more focussed on Carers' rights within employment

<http://www.carers.org/help-directory/carers-and-employment>

<http://www.macmillan.org.uk/Cancerinformation/Ifsomeoneelsehascancer/Workingwhilecaringforsomeone/Legalrights.aspx>

Keeping Carers in Mind

Carers in Sheffield offers a service called Keeping Carers in Mind, operated by Sheffield Mind.

This is specifically focussed towards people who are working alongside caring, and to offer support in talking to employers, and managing a balance between a job and caring for a family member.

[Keeping Carers in Mind](#)

Working Carers Support Group

Carers in Sheffield also runs a Working Carers support group, on Saturday mornings, with



croissants for breakfast! This runs on the 3rd Saturday of each month. For future dates, please check the [What's On](#) page of this website.

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