

Carers Leeds Support Groups

Summer 2025



About Carers Leeds

Who are we?

Carers Leeds offers free support and information to unpaid carers across Leeds. A carer is someone who, without payment, provides support to a family member or friend, who, due to illness, disability, dementia, mental health issues or an addiction, cannot manage without their help.

We can help you through our:

- Advice Line – someone to talk to, information and guidance.
- 1:1 support – in person or on the phone.
- Support groups – meet with people who have similar experiences as you.
- Information to help you in your caring role.

We can support you to manage your own health, wellbeing and relationships, as well as your caring role. We can also offer guidance on managing money and practicalities, and how to get time to yourself.

Get in touch

Call Us **0113 380 4300**
Mon, Wed, Thu, Fri: 9am - 4.30pm
Tue: 9am - 6.30pm

Webchat Click the webchat icon on our website to speak with a member of our team.

Website Visit carersleeds.org.uk for more information and resources.

Email advice@carersleeds.org.uk



Carers Advice Line
0113 380 4300



Our Groups

Welcome to our Summer 2025 Groups booklet, where you can find our latest groups and regular social activities for unpaid carers in Leeds.

Some of the groups listed are open to all carers and some are only open to carers of people with specific conditions.

To attend our groups, please book your place by contacting our Advice Line on 0113 380 4300 or by using the contact details provided.

This ensures you get the latest information and updates on our groups, including date and time changes.

Do you require this booklet in a larger print?

Please call us on 0113 380 4300 or email us at comms@carersleeds.org.uk.



South Leeds

Together Women's Group

**Cardinal Court Extra Care Scheme, Cardinal Walk,
Beeston, LS11 8HP**

First Thursday of the month at 12.30pm - 2pm

Open to all carers who are women, including trans women.

To book, please call our Advice Line on 0113 380 4300.



Morley Dementia Carers Group

Church of the Nazarene, Albion Street, Morley, LS27 9BX

Second Thursday of the month at 1.45pm - 3pm

Open to all carers caring for someone with memory problems /dementia. To book, please call our Advice Line on 0113 380 4300.



South Leeds Carers Group

Belle Isle T.M.O. , Aberfield Road, Belle Isle, LS10 3QH

Second Tuesday of the month at 11am - 12.30pm

Open to all carers.

To book, please call our Advice Line on 0113 380 4300.



Booking is
essential for
all groups.

Morley Carers Group

Central Methodist Church, 10a Wesley Street, LS27 9SL

Third Tuesday of the month at 10.30am - 12pm

Open to all carers.

To book, please call our Advice Line on 0113 380 4300.



**Get advice, connect with others,
and explore support for your
caring role.**

Visit carersleeds.org.uk/events
for our latest groups, events and workshops.



**“Being a carer can be lonely.
Hearing the experiences of
others makes you realise you are
not alone.”**

Carers Support Group attendee

North Leeds

Support for the person you care for may be available whilst you attend this group.

Please call Amanda at Memory Lane to enquire on 0113 345 3378..

Dementia Carers Group

St. John's Church, Barcroft Grove, Yeadon, LS19 7XZ

First Monday of the month at 1pm - 2.15pm

Open to all carers caring for someone with memory problems /dementia. To book, please call our Advice Line on 0113 380 4300.



Wetherby Carers Group

Wetherby Methodist Church, 6-9 Bank Street, LS22 6NQ

Second Monday of the month at 11am - 12.30pm

Open to all carers.

To book, please call our Advice Line on 0113 380 4300.



LS17 Carers Group

MAECare, 57 Cranmer Bank, LS17 5JD

Second Friday of the month at 11am - 12.30pm

Open to all carers. Please call our Advice Line on 0113 380 4300 or MAECare on 0113 266 0371 to book.

In partnership with:



Booking is
essential for
all groups.

East Leeds

Burmantofts Carers Group

Anglers Club, 75 Stoney Rock Lane, LS9 7TB

Last Monday of the month at 2.30pm - 4pm

Open to all carers.

To book, please call our Advice Line on 0113 380 4300.

In partnership with:



Crossgates Carers Group

Crossgates & District Good Neighbours, Station Road, LS15 8DT

First Wednesday of the month at 2pm - 3.30pm

This group is open to all carers.

To book, please call our Advice Line on 0113 380 4300.



Booking is
essential for
all groups.

West Leeds

Concerned Others Group

Please contact our Advice Line for location and time

Second and Fourth Monday of the month

Open to people supporting a family member/friend who has an issue with drugs or alcohol. To book, please call our Advice Line on 0113 380 4300.



Horsforth Carers Group

The Grove Methodist Centre, New Street, LS18 4BH

First Tuesday of the month at 1pm - 2.30pm

Open to all carers.

To book, please call our Advice Line on 0113 380 4300.



Pudsey Carers Group

Pudsey Wellbeing Centre, Robin Lane, LS28 7BR

Last Thursday of the month at 10.30am - 12pm

Open to all carers.

To book, please call our Advice Line on 0113 380 4300.



Social and Online Groups

Walk and Talk

Various parks across Leeds

Last Thursday of the month at 11am - 12.30pm

Open to all carers.

To book, please call our Advice Line on 0113 380 4300.



Online Carers Group

Via Zoom

Third Friday of the month at 12pm – 1pm

Open to all carers.

To book, call our Advice Line: 0113 380 4300.



"I've been able to relate to other carers and listening to their experiences makes me feel I am not alone."

Carers Support Group attendee

Booking is
essential for
all groups.

City Centre

Support After Loss

Age UK, Bradbury Building, Mark Lane, LS2 8JA

Third Wednesday of the month.

Open to all bereaved carers in Leeds.

To book, please call our Advice Line on 0113 380 4300.



Neurodivergent/Autism Carers Group

Age UK, Bradbury Building, Mark Lane, LS2 8JA

Third Thursday of each month at 1.15pm - 2.45pm

Open to all carers supporting someone 16+ who is neurodivergent. To book, call our Advice Line 0113 380 4300.



Concerned Others Group

Please contact our Advice Line for location and time

Third Wednesday of the month

Open to people supporting a family member/friend who has an issue with drugs or alcohol. To book, please call our Advice Line on 0113 380 4300.



Mental Health Carers Group

Carers Leeds, Mabgate Mills, LS9 7DZ

Second Thursday of each month at 11am - 12.30pm

Open to all carers who support someone with mental health issues. To book, please call our Advice Line on 0113 380 4300.



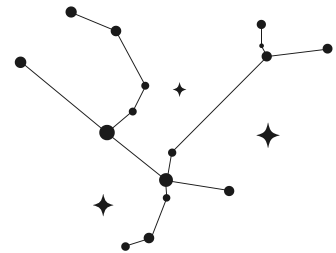
Andromeda Carers Group

Carers Leeds, Mabgate Mills, LS9 7DZ & Online.

Third Tuesday of the month at 5:30pm to 7pm,

Open to carers of people with complex emotional needs who may have difficulties consistent with a "personality disorder" diagnosis.

To book your place, email emergecarers.lypft@nhs.net.



“The group gives me a couple of hours just for me, to switch off and recharge.”

Carers Support Group attendee



Carers Leeds

Mill 6, Ground Floor One
Mabgate Mills,
LS9 7DZ

Scan to
subscribe to
our newsletter



Need advice?

Tel	0113 380 4300
Email	advice@carersleeds.org.uk
Website	carersleeds.org.uk

Socials

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Facebook	Carers Leeds



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