



Carers Advice Line  
**0113 380 4300**



# Are you a Parent Carer?

**Do you care for a child with a disability,  
long term illness or additional needs?**

**We are here to support you.**

**Website** [carersleeds.org.uk](https://carersleeds.org.uk)  
**Email** [advice@carersleeds.org.uk](mailto:advice@carersleeds.org.uk)  
**Facebook** Carers Leeds  
**Bluesky** @carersleeds



Carers Leeds provides support for parent carers across the city. A parent carer is someone who cares for a child with a disability, long term illness or additional needs.

Our role is to directly support you, the parent carer. We do not have direct involvement with your child.

- We help you recognise the positives and celebrate every achievement—yours and your child's.
- We support you to grow in confidence and become a strong advocate for your child.
- We foster peer support and provide a safe, welcoming space to talk openly.
- We adapt to your needs, offering flexible support that works for you.

Visit our website for more information on support available for Parent Carers.

[carersleeds.org.uk/parentcarers](https://carersleeds.org.uk/parentcarers)



Sign up to our newsletter  
Scan the QR Code



## Get in touch

### Call Us

**0113 380 4300**

**Mon, Wed, Thu, Fri: 9am - 4.30pm**

**Tue: 9am - 6.30pm**

### Live Chat

**Click the live chat icon on our website to speak with a member of our team.**

### Website

**Visit [carersleeds.org.uk](https://carersleeds.org.uk) for more information and resources.**

### Email

**[advice@carersleeds.org.uk](mailto:advice@carersleeds.org.uk)**