

Carers Leeds Support Groups

Autumn 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
Request a callback, book an appointment, or find more information and resources

Email advice@carersleeds.org.uk



Carers Advice Line
0113 380 4300



Our Groups

Welcome to our Autumn 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 or needs.

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.



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.

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

First Monday of the month at 1pm - 2.15pm

6th October 2025 1st December 2025
3rd November 2025 5th January 2026

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

10th November 2025 12th January 2026
8th December 2025

Open to all carers.

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



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

Carers Support Group attendee

Booking is
essential for
all groups.

LS17 Carers Group

MAECare, 57 Cranmer Bank, LS17 5JD

Second Friday of the month at 10.30am - 12pm

10th October

12th December 2025

14th November 2025

9th January 2026

Open to all carers.

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

In partnership with:



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

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



South Leeds

Together Women's Group

Dewsbury Road Community Hub, 190 Dewsbury Road
LS11 6PF

First Thursday of the month at 11:30pm - 1pm

6th November 2025

4th December 2025

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

9th October 2025

11th December 2025

13th November 2025

8th January 2026

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



"The carers group has become a place where I feel heard and valued."

Carers Support Group attendee

**Booking is
essential for
all groups.**

South Leeds Carers Group

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

Second Tuesday of the month at 11am - 12.30pm

14th October 2025

9th December 2025

11th November 2025

13th January 2026

Open to all carers.

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



Morley Carers Group

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

Third Tuesday of the month at 10.30am - 12pm

21st October 2025

16th December 2025

18th November 2025

20th January 2026

Open to all carers.

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



East Leeds

Crossgates Carers Group

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

First Wednesday of the month at 2pm - 3.30pm

5th November 2025 7th January 2026
3rd December 2025

Open to all carers.

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



Garforth Dementia Group

Garforth Miners Welfare Hall, 56 Main Street
LS25 1AA

First Friday of the month at 2pm - 3.15pm

7th November 2025 2nd January 2026
5th December 2025

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



Stay Connected, Stay Supported.

Sign up to our newsletter to get
our latest news and updates.

**Scan to
subscribe**



West Leeds

Concerned Others Group

Please contact our Advice Line for location and time

Second and Fourth Monday of the month

10th and 24th November 2025

8th and 15th December 2025

12th and 26th January 2026

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

7th October 2025

2nd December 2025

4th November 2025

6th January 2026

Open to all carers.

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



**Booking is
essential for
all groups.**

Please note:

Our venue will change
from January 2026. For the
latest information, please
call our Adviceline on 0113
380 4300 or visit our
website.

Pudsey Carers Group

**Pudsey Wellbeing Centre, Robin Lane,
LS28 7BR (Venue change in Jan 2026 tbc)**

Last Thursday of the month at 10.30am - 12pm

30th October 2025 29th January 2026
27th November 2025

Open to all carers.

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



Leeds 5 Carers Group

**BEAT, The BEAT Building, Lea Farm Mount
LS5 3PX**

Second Thursday of the month at 11am - 12.30pm

9th October 2025 11th December 2025
13th November 2025 8th January 2026

Open to all carers.

To book, please call our Advice Line on 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

City Centre

Support After Loss

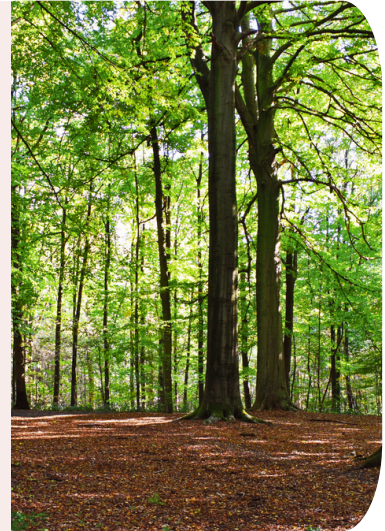
Age UK, Bradbury Building, Mark Lane, LS2 8JA

Third Wednesday of the month.

15th October	17 th December 2025
19 th November 2025	21 st January 2026

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

16 th October 2025	18 th December 2025
20 th November 2025	15 th January 2026

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



**Booking is
essential for
all groups.**

Concerned Others Group

Please contact our Advice Line for location and time

Third Wednesday of the month

22nd October 2025

17th December 2025

19th November 2025

21st January 2026

Open to all carers.

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



Mental Health Carers Group

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

Third Thursday of each month at 11am - 12.30pm

16th October 2025

18th December 2025

20th November 2025

15th January 2026

open to unpaid carers in Leeds who look after someone with a mental health condition. To book, please call our Advice Line on 0113 380 4300.



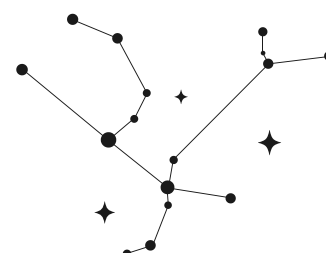
Andromeda Carers Group

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.



Social and Online Groups

Walk and Talk

Various parks across Leeds

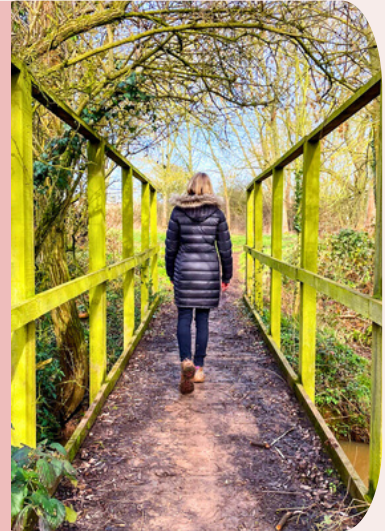
Last Thursday of the month at 11am - 12.30pm

30th October 2025 (Meanwood Park)

27th November 2025 (Golden Acre Park)

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

10th October 2025

19th December 2025

21st November 2025

16th January 2026

Open to all carers.

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



**"Sharing stories with other carers
has helped me feel understood
and supported."**

Carers Support Group attendee

**Help us support
unpaid carers in Leeds.
Your donation makes
a difference.**



**Scan to
donate**





Carers Leeds

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

Scan to
subscribe to
our newsletter



Need advice?

Tel	0113 380 4300
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Website	carersleeds.org.uk

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Carers Advice Line
0113 380 4300

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