

# Carers Leeds Groups

**February - May 2026**



# 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:

- Support Line – someone to talk to, information and guidance.
- 1:1 support – in person, by video call 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 and wellbeing, as well as your caring role. We can also offer guidance on managing money and practicalities such as 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](https://carersleeds.org.uk)

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

### Email

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



Support Line  
**0113 380 4300**



# Our Groups

Welcome to our February - May 2026 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 Support 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](mailto: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

**\*\*please note Bank Holiday changes\*\***

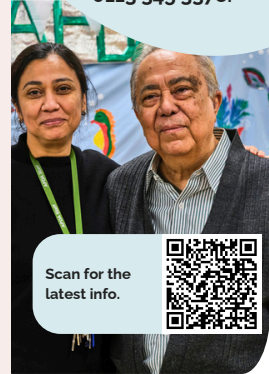
2<sup>nd</sup> February 2026

13<sup>th</sup> April 2026

2<sup>nd</sup> March 2026

11<sup>th</sup> May 2026

Open to all carers caring for someone with memory problems /dementia. To book, please call our Support 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

9<sup>th</sup> February 2026

13<sup>th</sup> April 2026

9<sup>th</sup> March 2026

11<sup>th</sup> May 2026

Open to all carers.

To book, please call our Support 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

13<sup>th</sup> February 2026

13<sup>th</sup> March 2026

10<sup>th</sup> April 2026

8<sup>th</sup> May 2026

Open to all carers.

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

In partnership with:



Scan for the  
latest info.



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

Visit [carersleeds.org.uk/events](https://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

5<sup>th</sup> February 2026

2<sup>nd</sup> April 2026

5<sup>th</sup> March 2026

7<sup>th</sup> May 2026

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

To book, please call our Support 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

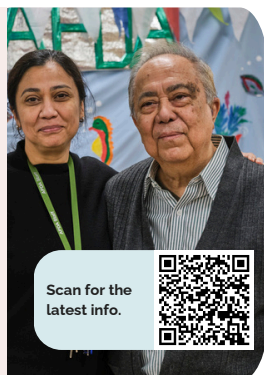
12<sup>th</sup> February 2026

9<sup>th</sup> April 2026

12<sup>th</sup> March 2026

14<sup>th</sup> May 2026

Open to all carers caring for someone with memory problems/dementia. To book, please call our Support 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

10<sup>th</sup> February 2026

14<sup>th</sup> April 2026

10<sup>th</sup> March 2026

12<sup>th</sup> May 2026

Open to all carers.

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



### Morley Carers Group

Central Methodist Church, 10a Wesley Street, LS27 9SL  
(time/day/venue due to change in the Summer)

Third Tuesday of the month at 10.30am - 12pm

17<sup>th</sup> February 2026

21<sup>st</sup> April 2026

17<sup>th</sup> March 2026

19<sup>th</sup> May 2026

Open to all carers.

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



We have two new  
online Young Dementia  
groups coming soon!

### Young Dementia Carers Group

Young Dementia Leeds Hub, Cottingley  
Drive, LS11 0JT

Second Saturday of the month at 10.30am - 12pm

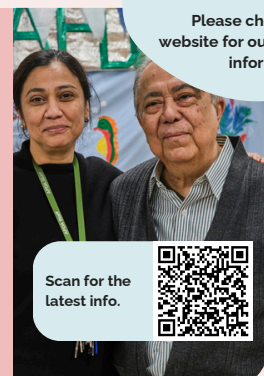
14<sup>th</sup> February 2026

11<sup>th</sup> April 2026

14<sup>th</sup> March 2026

9<sup>th</sup> May 2026

Open to all carers caring for someone with young onset  
(diagnosed under age 65) dementia. Booking via Nashima  
on 07375 897 048.



Scan for the  
latest info.

# East Leeds

## Crossgates Carers Group

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

First Wednesday of the month at 2pm - 3.30pm

4<sup>th</sup> February 2026

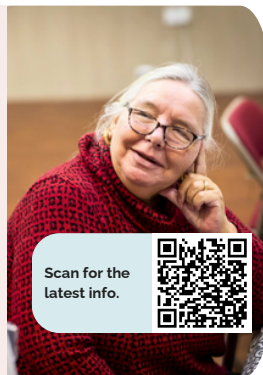
1<sup>st</sup> April 2026

4<sup>th</sup> March 2026

6<sup>th</sup> May 2026

Open to all carers.

To book, please call our Support 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

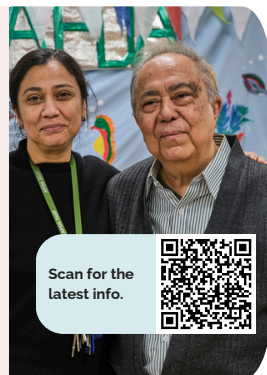
6<sup>th</sup> February 2026

3<sup>rd</sup> April 2026

6<sup>th</sup> March 2026

1<sup>st</sup> May 2026

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



# **Stay Connected, Stay Supported.**

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

A photograph of two women sitting on a couch. The woman on the left has blonde hair and is wearing a colorful sweater with green, orange, and blue sections. The woman on the right has dark curly hair and is wearing a black sweater with white polka dots. They are both looking at a laptop screen. The woman on the right is pointing at the screen with her right hand.

**Scan to  
subscribe**





# West Leeds

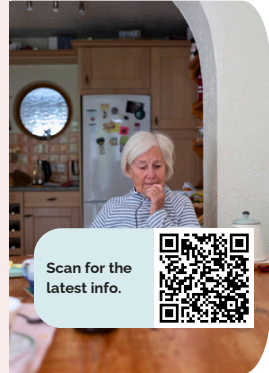
## Concerned Others Group

Please contact our Support Line for location and time

Second and Fourth Monday of the month

9<sup>th</sup> and 23<sup>rd</sup> February 2026    13<sup>th</sup> and 27<sup>th</sup> April 2026  
9<sup>th</sup> and 23<sup>rd</sup> March 2026    11<sup>th</sup> May and 25<sup>th</sup> May 2026

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



## Horsforth Carers Group

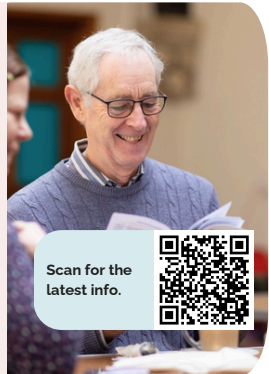
The Grove Methodist Centre, New Street,  
LS18 4BH

First Tuesday of the month at 1pm - 2.30pm

3<sup>rd</sup> February 2026    7<sup>th</sup> April 2026  
3<sup>rd</sup> March 2026    5<sup>th</sup> May 2026

Open to all carers.

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



**Booking is  
essential for  
all groups.**

### **Pudsey Carers Group**

**Currently closed as we search for a new venue.**

Please check our website for updates or register your interest by calling our Support 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

12<sup>th</sup> February 2026

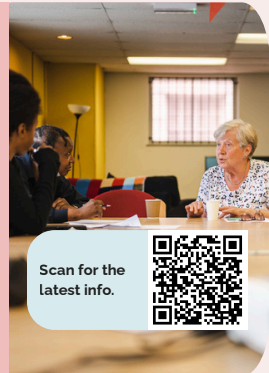
9<sup>th</sup> April 2026

12<sup>th</sup> March 2026

14<sup>th</sup> May 2026

Open to all carers.

To book, please call our Support 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.

18<sup>th</sup> February 2026

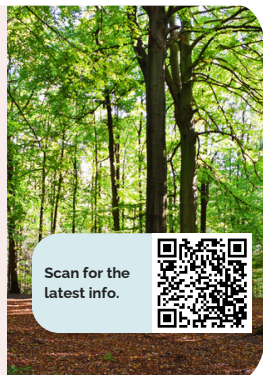
15<sup>th</sup> April 2026

18<sup>th</sup> March 2026

20<sup>th</sup> May 2026

Open to all bereaved carers in Leeds.

To book, please call our Support 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

19<sup>th</sup> February 2026

16<sup>th</sup> April 2026

19<sup>th</sup> March 2026

21<sup>st</sup> May 2026

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



**Booking is  
essential for  
all groups.**

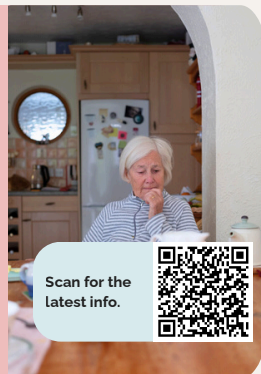
### **Concerned Others Group**

**Please contact our Support Line for location and time**

Third Wednesday of the month

18 <sup>th</sup> February 2026	15 <sup>th</sup> April 2026
18 <sup>th</sup> March 2026	20 <sup>th</sup> May 2026

Open to people supporting a family member/friend who has an issue with drugs or alcohol. To book, please call our Support 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

19 <sup>th</sup> February 2026	16 <sup>th</sup> April 2026
19 <sup>th</sup> March 2026	21 <sup>st</sup> May 2026

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



### **Andromeda Carers Group**

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

Third Tuesday of the month at 5:30pm - 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 [stephen.taylor@carersleeds.org.uk](mailto:stephen.taylor@carersleeds.org.uk)



# Social and Online Groups

## Walk and Talk

Various parks across Leeds

5<sup>th</sup> February 2026 (Roundhay Park)

5<sup>th</sup> March 2026 (Leeds Canal)

2<sup>nd</sup> April 2026 (Middleton Park)

7<sup>th</sup> May 2026 (Temple Newsam)

Open to all carers.

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



## Online Carers Group

Via Zoom

Third Friday of the month at 12pm – 1pm

20<sup>th</sup> February 2026

17<sup>th</sup> April 2026

20<sup>th</sup> March 2026

15<sup>th</sup> May 2026

Open to all carers.

To book, please call our Support 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

## Need support?

Tel	0113 380 4300
Email	<a href="mailto:advice@carersleeds.org.uk">advice@carersleeds.org.uk</a>
Website	<a href="http://carersleeds.org.uk">carersleeds.org.uk</a>

## Socials

Facebook	Carers Leeds
Instagram	@carersleeds
Linkedin	Carers Leeds

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our newsletter



Support Line  
**0113 380 4300**

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