



Carers Leeds Groups

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

Email support@carersleeds.org.uk



Support Line
0113 380 4300



Our Groups

Welcome to our June - September 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.



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

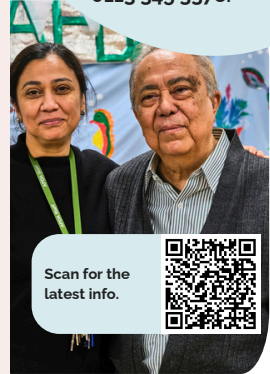
1st June 2026

3rd August 2026

6th July 2026

7th September 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

8th June 2026

10th August 2026

13th July 2026

14th September 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

12th June 2026

14th August 2026

10th July 2026

11th September 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
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 11:30am - 1pm

4th June 2026

3rd September 2026

6th August 2026

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

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



Scan for the latest info.



Morley Dementia Carers Group

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

Second Thursday of the month at 1.45pm - 3pm

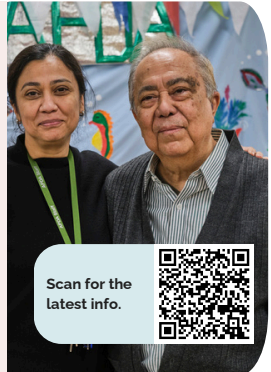
11th June 2026

13th August 2026

9th July 2026

10th September 2026

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



Scan for the latest info.



"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

9th June 2026

11th August 2026

14th July 2026

8th September 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

16th June 2026

18th August 2026

21st July 2026

15th September 2026

Open to all carers.

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



Young Dementia Carers Group

Young Dementia Leeds Hub, Cottingley
Drive, LS11 0JT

Second Saturday of the month at 10.30am - 12pm

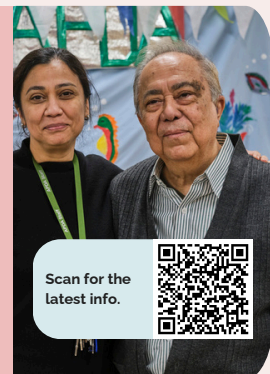
13th June 2026

8th August 2026

11th July 2026

12th September 2026

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



East Leeds

Crossgates Carers Group

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

First Wednesday of the month at 2pm - 3.30pm

3rd June 2026

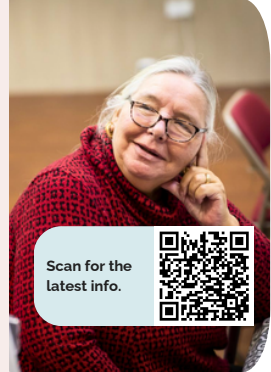
5th August 2026

1st July 2026

2nd September 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

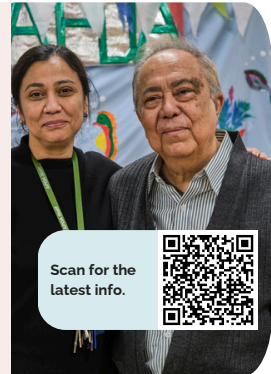
5th June 2026

7th August 2026

3rd July 2026

4th September 2026

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



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



**Scan to
donate**



West Leeds

Concerned Others Group

Please contact our Support Line for location and time

Second and Fourth Monday of the month

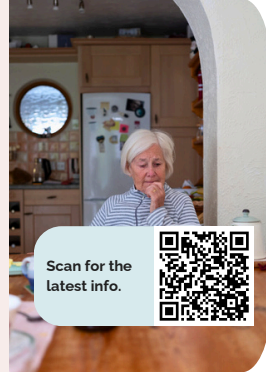
8th and 22nd June 2026

10th and 24th August 2026

13th and 27th July 2026

14th and 28th September 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

2nd June 2026

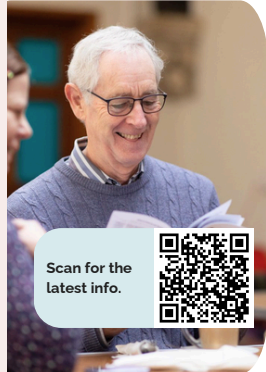
4th August 2026

7th July 2026

1st September 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

**Claremont Grove Retirement Housing,
LS28 7DL**

Last Thursday of the month at 10.30am - 12pm

25th June 2026

27th August 2026

30th July 2026

24th September 2026

Open to all carers.

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



Scan for the latest info.



Leeds 5 Carers Group

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

Second Thursday of the month at 11am - 12.30pm

11th June 2026

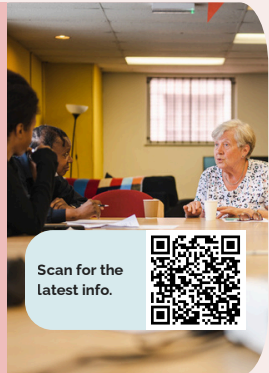
13th August 2026

9th July 2026

10th September 2026

Open to all carers.

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



Scan for the latest info.



"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.

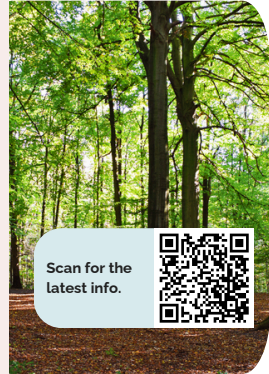
15th July 2026

19th August 2026

16th September 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

18th June 2026

20th August 2026

16th July 2026

17th September 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

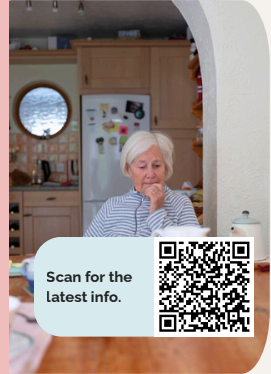
17th June 2026

19th August 2026

15th July 2026

16th September 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

18th June 2026

20th August 2026

16th July 2026

17th September 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 or a diagnosis of personality disorder

To book your place, email stephen.taylor@carersleeds.org.uk



Social and Online Groups

Walk and Talk

Various parks across Leeds

11am - 12.30pm, 4th June 2026 (Golden Acre Park)

11am - 12.30pm, 6th August (Skelton Lake)

11am - 12.30pm, 3rd September (Meanwood Park)

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

19th June 2026

21st August 2026

17th July 2026

18th September 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

Booking is
essential for
all groups.

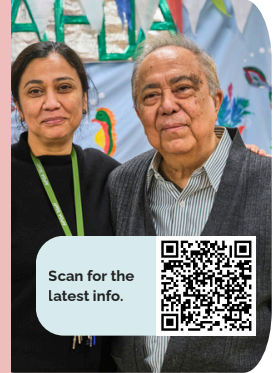
Young Dementia Online Group Via Zoom

Fourth Tuesday of each month

23rd June 2026

28th July 2026

Open to all carers caring for someone with young onset (diagnosed under age 65) dementia. To book, please call our Support Line on 0113 380 4300.



Volunteer with Carers Leeds and make a difference to unpaid carers across the city.

Visit carersleeds.org.uk/volunteer
for our latest opportunities.





Carers Leeds

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

Need support?

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

Socials

Facebook Carers Leeds
Instagram @carersleeds
Linkedin Carers Leeds

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Support Line
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