

Carers Leeds Groups

October - December 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.

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 October - December 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.

**Please note that groups often take place in different venues in December so please do ensure you book a place.

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

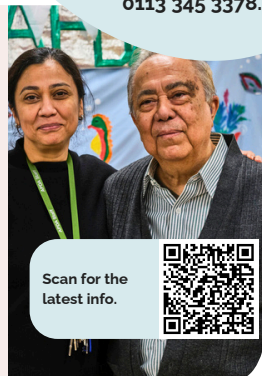
First Monday of the month at 1pm - 2.15pm

5th October 2026

7th December 2026

2nd November 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

12th October 2026

14th December 2026

9th November 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

9th October 2026

11th December 2026

13th November 2026

Open to all carers.

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

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

1st October 2026

3rd December 2026

5th November 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

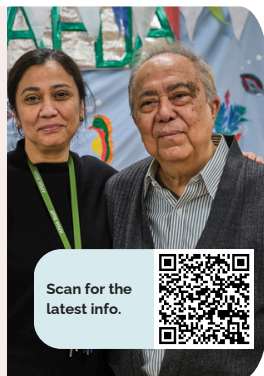
Second Thursday of the month at 1.45pm - 3pm

8th October 2026

10th December 2026

12th November 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

13th October 2026 8th December 2026
10th November 2026

Open to all carers.

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



Morley Carers Group

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

Third Tuesday of the month at 10.30am - 12pm

20th October 2026 16th December 2026
17th November 2026

Open to all carers.

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



Young Dementia Carers Group

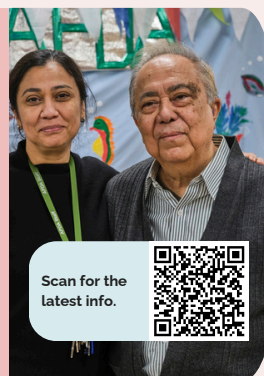
Young Dementia Leeds Hub, Cottingley Drive, LS11 0JT

Second Saturday of the month at 10.30am - 12pm

'Please note that in December only the group will take place on the first Saturday.'

10th October 2026 6th December 2026*
8th November 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



East Leeds

Crossgates Carers Group

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

First Wednesday of the month at 2pm - 3.30pm

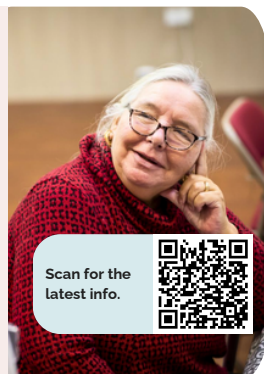
7th October 2026

2nd December 2026

4th November 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

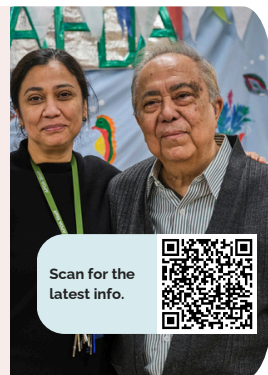
2nd October 2026

4th December 2026

6th November 2026

No group in January

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

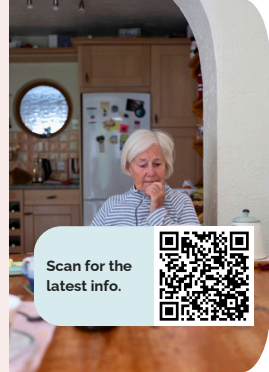
Concerned Others Group

Please contact our Support Line for location and time

Second and Fourth Monday of the month

12th, 26th October 2026 7th, 14th December 2026*
9th, 23rd November 2026 Note date changes in December*

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

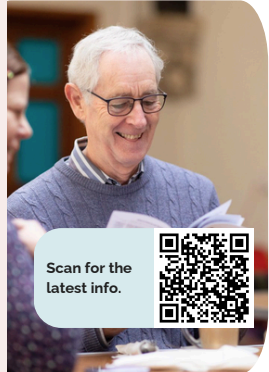
The Grove Methodist Centre, New Street,
LS18 4BH

First Tuesday of the month at 1pm - 2.30pm

6th October 2026 1st December 2026
3rd November 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

29th October 2026

No meeting in

26th November 2026

December

Open to all carers.

To book, please call 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

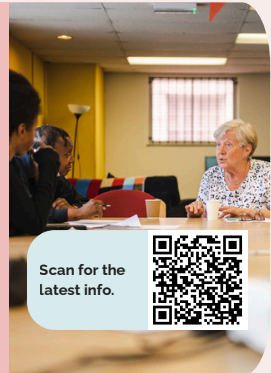
8th October 2026

10th December 2026

12th November 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.

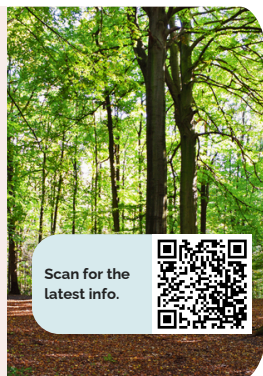
21st October 2026

16th December 2026

18th November 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

15th October 2026

17th December 2026

19th November 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

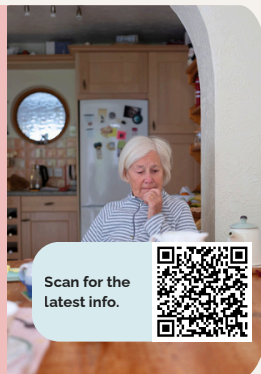
Third Wednesday of the month

21st October 2026

16th December 2026

18th November 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

15th October 2026

17th December 2026

19th November 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.



**Scan for the
latest info.**



Social and Online Groups

Walk and Talk

Various parks across Leeds, First Thursday each month

11am - 12.30pm, 1st October (Canal near The Royal Armouries)

11am - 12.30pm, 5th November (Kirkstall Abbey)

11am - 12.30pm, 3rd December (Yeadon Tarn)

Open to all carers - booking essential

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



Virtual Weekly Cuppa

Via Zoom

Every Friday at 12pm – 12.30pm

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 Lunchtime Learning Group

Via Zoom

First Thursday of each month

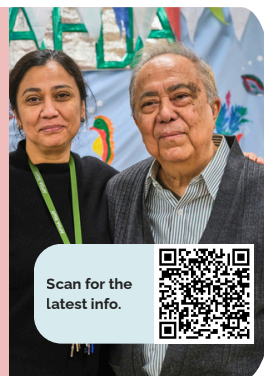
Date change from January to 3rd Thursday each month

1st October 2026 - Carers
Assessments

3rd December 2026 -
Eating & Drinking

5th November 2026 - Finding
& Paying for Care

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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subscribe to
our newsletter



Support Line
0113 380 4300

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