



**Carers  
Leeds**

Working together to support carers

**Young Adult Carer?**

**Are you aged 16 to 25?**

**Do you support a friend or family  
member who couldn't manage  
without you?**



**Get in touch with  
Carers Leeds!**



Young Adult Carers are 16 to 25 year olds caring for a friend or family member with an illness, disability or addiction. They help the person they care for with day to day activities such as shopping, getting ready to go out, attending appointments, listening and providing emotional support, sorting out finances and much more.



Carers Leeds offers free confidential advice to young adult carers. For information and advice about caring, help getting into work, training or education, support when you need it, the opportunity to have fun and meet others in similar situations, get in touch!



Call or text 07854 481061  
Carers Leeds Advice Line 0113 380 4300

or drop in to our offices  
Monday to Friday between 9am and 3:30pm.  
6/8 The Headrow, Leeds, LS1 6PT.

This project is part of the About Time programme which is managed by Carers Trust  
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