



**Carers
Leeds**

Working together to support carers

**Support
Groups
for Carers**


carerstrust
a Network Partner

carers advice line
0113 380 4300

Carers groups can be a good way to share experiences and get emotional support from other carers.

Many carers enjoy our carers support groups. These groups give carers the time to get a break from caring and share their experiences with other people in the same or similar situation.

In addition the carers support groups are a way of getting advice, information and support in relation to your caring role and many of the groups enjoy activities, well being sessions and have speakers who may be of particular interest to the group. Inside this leaflet are details of all the support groups giving group details, meeting times and locations. If you need any further information please contact Carers Leeds on **0113 380 4300**.

“My biggest support is Carers Leeds support group. I think they saved my life actually.”

“People feel alone when they’re caring. When I was caring for my mum I joined a support group and not only did I meet some lovely people but I found out so much from those people that have helped me care for my mum.”



The details in the leaflet show the Support Groups in relevant groupings and are coloured by area.

North Leeds Area is shown in Green

East Leeds Area is shown in Red

South Leeds Area is shown in Purple

West Leeds is shown in Brown

Central Leeds is shown Black

Group Name	Who is it for?	Time & Dates	Venue
PACES	For parent carers of children and young people	12.30pm - 2.30pm 2nd Tuesday of each month	BITMO Aberfield Gate, Belle Isle LS10 3QH
Young Adult Carers monthly meet up!	Open to 16 - 25 year olds. Different activities every month	This group usually meets monthly. Please contact Jo Foster for details of the next meet up on 0785 448 1061	Various depending on the event.
Young Mind Matters	For Parents and family members caring for a young person/young adult with Mental Health issues	6.00pm - 7.30pm Last Tuesday of each month	Contact Angie Thompson on 07854 481 011 for venue details
Leeds 17 Carers Support Group	Open to all carers in the Alwoodley and North Leeds Area	10.30am - 12 noon 1st Monday of each month - except for bank holidays	St Paul's R C Church Hall, Buck Stone Crescent off King Lane, Alwoodley LS17 5ES
Horsforth Carers Support Group	Open to all carers	1.00pm - 2.30pm 1st Tuesday of each month	Grove Methodist Centre, Back Town Street LS18 4RJ
Crossgates Carers Support Group	Open to all carers	2.00pm - 4.00pm 1st Wednesday of each month	Crossgates and District Good Neighbours, Station Road LS15 7JY
Garforth Carers Support Group	Open to all carers	1.30pm - 3.00pm 2nd Monday of each month - except for bank holidays	NET, Dover Street, Garforth, Leeds LS25 2LP

Group Name	Who is it for?	Time & Dates	Venue
Carers Support at the Autism Hub	Open to carers of people with Austim	5.00pm - 6.30pm 2nd Tuesday of each month	Lovell Park Centre, Wintoun Street, Leeds, LS7 1DA Contact Andrew on 0113 855 4445 for details
Morley Carers	Open to all carers	10.00am - 12 noon 3rd Tuesday of each month	Central Methodist Church, Wesley St, Morley, LS27 9EE
Wetherby Carers	Open to all carers	10.00am - 12 noon 3rd Thursday of each month	Micklethwaite Room, Wetherby Town Hall, Market Place, Wetherby, LS22 6NE
Alzheimer's Carers Support Group	For carers of people with dementia, Alzheimer's and memory problems	10.30am - 12 noon Last Monday of the month - except for bank holidays	Pudsey Wellbeing Centre, Robin Lane, LS28 7BR
Alzheimer's North West Leeds (Yeadon)	For carers of people with dementia, Alzheimer's and memory problems	2.00pm - 3.00pm Last Thursday of the month	Yeadon Cricket Club (off High Street), Yeadon, LS19 7TA
Carers Book Group	Open to all carers	Wed 11.00am - 12.30pm Thurs 11.30am - 1.00pm This Group meets every 6 weeks. Contact Helena Bladon on 0113 380 8916	Carers Leeds 6-8 The Headrow, LS1 6PT
Support Groups for Family Members and Significant Others	For family members, friends, significant others affected by another adult's drug or alcohol use	Various groups each month; Contact Erica or Lesley on 0113 380 8917 for more details	Carers Leeds, 6-8 The Headrow, LS1 6PT
Monthly Advice Session	Carers of people with memory problems or dementia	11am - 12 noon 1st Tuesday of each month	Horsforth Library (please use side entrance), Town Street, Horsforth, LS18 5BL, Telephone Alison on 07792 662351 for more details

Group Name	Who is it for?	Time & Dates	Venue
Dementia Carers Residential Support Group	Carers of people in residential/nursing care	10.30am - 12 noon 2nd Friday of each month	Carers Leeds, 6-8 The Headrow LS1 6PT
Morley Dementia Carers Group	For carers of people with dementia	1.30pm - 3pm 2nd Thursday of each month	The Church of Nazarene, Albion Street, Morley, LS27 9BX
Parent Carer Support Group	Anyone with parental responsibility for a child under 19, with a disability, long-term illness, or additional needs	Group runs monthly (term time) - please call for times and dates	Various depending on the event - please call Steph on 07398 173348 or Adam on 07398 141881 for details
Bat and Chat	Open to all Carers	11.00am - 1:00pm Every Friday	Carers Leeds, 6-8 The Headrow LS1 6PT
Time for Us Cafe	Open to all Carers. A different event takes place each month	11.00am - 2:00pm 2nd Thursday of each month	Carers Leeds, 6-8 The Headrow LS1 6PT Please call 0113 246 8338 for full details

For any information about the above support groups please contact **Angie Thompson** on **0113 246 8338** or **07854 481 011** unless otherwise stated.



Mental Health Carers Support Groups

Contact **0113 380 4300** if you have any questions about the groups listed below.

Group Name	Who is it for?	Time & Dates	Venue
Mental Health Carers Support Group	Open to all carers who support someone with mental health issues	5.30pm - 7.00pm 2nd Thursday of each month 1.00pm - 2.30pm 3rd Tuesday of each month	Carers Leeds, 6-8 The Headrow LS1 6PT
North Leeds Carers Group	Open to all carers who support someone with mental health issues	7.00pm - 8.30pm 2nd Monday of each month -	HEART (Headingley Enterprise & Arts Centre), Bennett Road, LS6 3HN
East Leeds Carers Group	Open to all carers who support someone with mental health issues	12.30pm - 2.00pm 3rd Friday of each month	Church Gardens Community Centre, Church Lane, Garforth LS25 1JB
South Leeds Carers Group	Open to all carers who support someone with mental health issues	2.00pm - 4.00pm 3rd Wednesday of each month	Parkside Health Centre, 311 Dewsbury Road, Beeston, LS11 5LQ
Recovery Group	Focusing on recovery tools for people with mental health issues and their friends and family	6.00pm - 8.00pm Every 2 weeks on a Thursday starting 19th September 2016	Lovell Park Centre, Wintoun Street, Leeds, LS7 1DA Contact Elaine Wilkes on 0113 855 4445 for details of next meeting
Recovery Group	Focusing on recovery tools for people with mental health difficulties and their friends and family	5.30pm - 7.15pm Every two weeks from Monday 19th September 2016	Vale Circles, Tunstall Road Beeston LS11 5JF
Mehfil Group	For South Asian women who support someone with mental health issues	1.30pm - 3.30pm Last Thursday of each month	Touchstone, 53-55 Harehills Avenue, Leeds LS8 4EX
Aspergers Carers Support Group	For carers of young people and adults with Aspergers	10.30am - 12 noon Last Thursday of each month	St. Chad's Parish Centre, Otley Road, Far Headingley, LS16 5JT



Changes to Support Group Details

Any changes and regular updates to the support groups will be published in the 'Carers News' newsletter. If you do not receive a copy of the newsletter please contact Carers Leeds on **0113 246 8338** to request a free copy or go to **www.carersleeds.org.uk** where the bi-monthly newsletter is available.

Due to seasonal holidays in August and December, some support group venues and dates may change. Please call Angie on **0113 246 8338** or **0785 448 1011** for information.

Contact

- **Carers Advice Line available:** 9am – 4.30pm Monday – Friday
- **Drop-In to Carers Leeds City Centre offices:** 9.30am – 3.30pm
- Early evening appointments available on request
- Through website, Facebook or Twitter
- **By email:** info@carersleeds.org.uk

6/8 The Headrow, Leeds, LS1 6PT
Carers Advice Line: 0113 380 4300
www.carersleeds.org.uk



Leeds & York Partnership
NHS Foundation Trust



Leading the fight
against dementia
**Alzheimer's
Society**