

Carers support groups

Carers Leeds runs general and specialist support groups across the city and from city centre premises.

The diverse range of groups provide an opportunity to meet and share experiences with other carers in a warm, friendly and confidential environment.

Full information on groups can be found on the Carers Leeds website or call for a carers support group booklet to be sent to you.

Newsletter

If you would like to be added to the mailing list and receive the free newsletter, please complete the form below. If you can receive in electronically, please give your email address.

Name
Address
Postcode
Telephone
Email
I am a carer <input type="checkbox"/> I work with carers <input type="checkbox"/>
Where did you find this leaflet?
<input type="text"/>

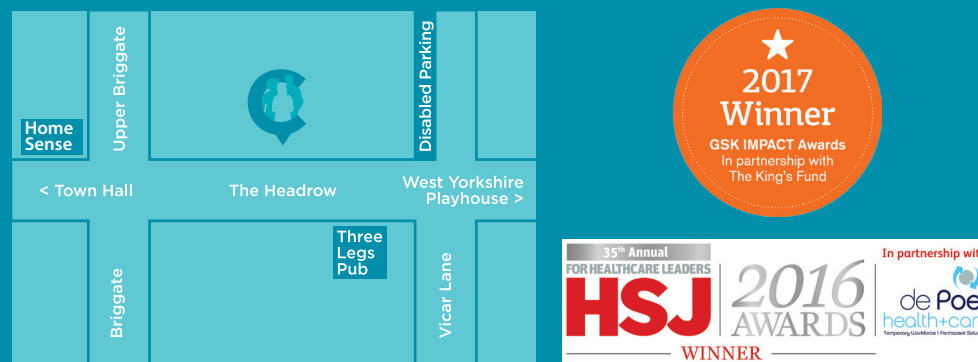
Please return to Carers Leeds, 6/8 The Headrow, Leeds, LS1 6PT

Carers Advice Line
0113 380 4300

Contact

- **Carers Advice Line: 0113 380 4300**
(9:00am - 4:30pm Monday - Friday)
- **Admin Line: 0113 246 8338**
(9:30am - 4:00pm Monday - Friday)
- **Drop-In to Carers Leeds city centre offices**
(9:30am - 3:30pm Monday - Friday)
- **Early evening appointments available on request**
- **Website: www.carersleeds.org.uk**
- **Facebook or Twitter pages, search for: CarersLeeds**
- **Email: advice@carersleeds.org.uk**

6/8 The Headrow, Leeds, LS1 6PT
Admin telephone number: 0113 246 8338
Carers Advice Line: 0113 380 4300



www.carersleeds.org.uk



Carers Leeds is a Limited Company Registered No. 3242065; Registered Charity No. 1058706



Carers Leeds

Working together to support carers

Information, advice and support for carers in Leeds

Carers Advice Line
0113 380 4300



What is a carer?

A carer is someone of any age who provides unpaid support to family or friends who could not manage without their help due to illness, disability, mental health issues or a substance misuse problem.

Carers Leeds offers confidential information, advice and support to all carers aged 16 and over.

Specialist support is available to:

- Carers of people from black and minority ethnic communities
- Parent carers
- Carers of people with mental health issues
- Carers of people with learning disabilities
- Family members of those affected by drug or alcohol misuse
- Carers of people with dementia
- Young adult carers (aged 16-25)
- Carers who have been bereaved
- Working carers

About the service

Carers can access the service by:

- Telephone
- Attend the drop in service at our central Leeds office
- Attend a carers support group
- Come along to a community event
- Get one-to-one support
 - by appointment at our central Leeds office
 - in the carers own home
 - in a community venue of choice
 - on older peoples wards in Leeds hospitals
 - at GPs or other healthcare settings
 - via online chat on our website

We offer:

- Someone for carers to talk to
- A wide range of carers support groups
- Opportunities for carers to support each other
- Wellbeing sessions
- Social events eg: Bat and Chat (table tennis)
- A free newsletter
- Information via our website, Facebook and Twitter
- Education and training sessions to support carers in their caring roles
- Information and training to professionals
- Calling Carers: Volunteer support to older carers
- A monthly Dementia Café
- Carers Befriending: Volunteer support to carers focussing on mental wellbeing

Carers Leeds is committed to delivering services to support the culturally diverse communities of Leeds.

Carers Leeds is a LGBTQ friendly service.

**Carers Advice Line
0113 380 4300**

**Carers Advice Line
0113 380 4300**

**Meeting your needs as a carer by
providing a full range of up-to-date
information about help that is available**

We can advise on how to access:

- Welfare benefits (such as Carers Allowance, Attendance Allowance, DLA & PIP)
- Carers Assessments
- Getting a break/respite care
- Sitting services
- Carers support groups
- Complaints procedures
- Transport
- Social activities and wellbeing
- Adult and childrens social care
- Health and wellbeing activities

