



**Carers
Leads**

Carers Advice Line
0113 380 4300

Carers Connections for Carers aged 50+

Caring
Selfless
Encouragement
Patient
Groups
Amazing
**Social
Company**
Resilient
Hope
Together
Dedicated 1:1
Strength
Trust

**Supporting lonely or isolated
carers across Leeds**

What is Carers Connections?

Our Carers Connections project is part of Time to Shine, a Big Lottery funded project in Leeds which is led by older people and aims to reduce loneliness and social isolation in people over the age of 50.

Everyone who receives support will be asked to complete a questionnaire which helps Time to Shine evaluate what works and what doesn't work.



**NATIONAL
LOTTERY FUNDED**

Who is it for?

- Carers who feel lonely or isolated.
- Carers who feel they have lost the confidence to meet new people or try new things.
- People whose loved one has moved into a care home or has died, who are looking to increase their social activities.
- Carers who struggle to get out due to their own health problems.
- Carers who feel they cannot leave the person they care for.
- Including isolated or lonely men who are carers.

What can Carers Connections offer?

- 1:1 support - either in person or by phone.
- Social activities with other carers who would also like more social contact.
- Information about local social activities or groups.
- Support to begin attending new activities or to find new hobbies/interests/like-minded people.
- Support in overcoming barriers to being able to take part in social activities.
- Support to use digital technology (such a smartphone or ipad) to keep in contact with family and friends or to reduce isolation in other ways (such as joining an online support forum).
- Support from a trained befriender, either in the local community or at home if getting out is a struggle. Befrienders can offer a listening ear and chance to talk about any worries. They can help find out what is happening in the local area.

Who can I contact to find out more?

Speak to one of our friendly Advice Line workers on 0113 380 4300.

Mon, Tues, Thurs & Fri : 9:00am to 4:30pm

Wed: 8:00am to 6:30pm

Drop in: Carers Leeds, 6-8 The Headrow, LS1 6PT
(Mon to Fri 9.30am – 3.30pm)

Email: advice@carersleeds.org.uk

