

# TRAINING

# CONTACT

# CARERS LEADS

INCREASING KNOWLEDGE, SKILLS & ABILITY....

## 394 CARER TRAINING

carers attended specialist training on a range of topics from benefits workshops to the different stages of dementia.



## SOCIAL CARE 51



adult social workers trained to assess and support carers.

## 20 MENTAL HEALTH

workshops delivered to carers in partnership with Leeds Mind on topics including coping with Christmas and setting boundaries



## CARERS RIGHTS 30

carer support workers trained on Care Act legislation and eligibility criteria. This has resulted in an increase of Carers Assessment referrals.



HOW TO CONTACT US....



**LET'S CHAT**  
**0113 380 4300**

**LETS GET SOCIAL**     
**@CARERSLEEDS**



**LET'S MEET**  
**6-8 THE HEADROW**  
**LEEDS LS1 6PT**



**Carers Leeds is a Registered Charity No: 1058706**  
**and a Limited Company Registered No: 3242065**

ANNUAL REPORT – 01 APRIL 2018 TO 31 MARCH 2019

Carers Leads aims to provide a high quality, inclusive support service that develops and grows to meet the needs of every carer in Leeds.



"Another jam packed year has seen my committed and passionate team working with carers and partners across the city to ensure that increasing numbers of carers know about our service..... and that the voice of those carers is heard and valued.

From carer awareness training to developing new links for working carers in businesses across Leeds, we're doing all we can to access the 72,000+ carers in our city.

We will always have more to do...we will always do our best to improve...but I am also amazed and heartened at how much we can accomplish when we all work together. Sincere thanks to our incredible volunteers and staff team for making this work happen."

Val Hewison, Chief Executive

# FEEDBACK

## HERE'S WHAT PEOPLE SAID...

"I enjoy reading Carers News and appreciate the good work you do for carers of all ages."

"Your support has made me more able to cope. You are amazing."

"Carers Leeds has been a lifeline for me" Carer of young person with dementia

"A heart felt thank you for all the support I have received over the last few years. You have made a difference to me".

"Thank you for your kindness and patience. The help and support you have given me in the last year has helped me more than you will ever know." Bereaved carer

"The one to one support we've had has been invaluable. I don't know how we'd have coped with some extremely challenging situations without your support". Concerned Other

"These groups are invaluable, they help you feel not alone and other people give good ideas you may not have thought of. It's so important to have a bit of 'me time'." Carer from a support group

"Very insightful information was discussed during group sessions, that helped me to get through the bad times and look from the outside. I feel more confident in dealing with situations and solving problems that arise."

79% of carers told us they felt much happier after support from the bereaved carers service.

"I would like to thank you for all your help. You helped me a lot over the years and I am grateful for everything you did for me. You're a star. Thank you." Mental health carer

Befriending has far exceeded my expectations. Its one of the best things I've ever done!"

# SUPPORT

## IN THE LAST YEAR....

# 10,673

carers received support from our team of expert carer support workers.

## PEOPLE



## WORKPLACE



# 132

working carers received one to one support in their workplace helping them to feel able to balance work with caring.

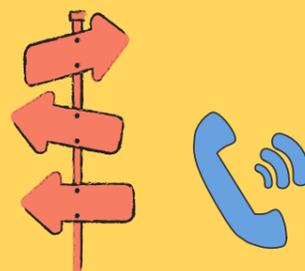
# £133,479.94

## CARER BREAKS

Total funding given in grants to enable 543 carers to take a break from caring.



## ADVICE



# 10,202

calls to our advice line and 684 visits to the drop in sessions. The advice line hours were extended this year to enable working carers to access our support.

# PARTNERSHIP

## THINGS ARE BETTER WHEN WE DO IT TOGETHER!

Leeds is full of amazing organisations and projects that aim to keep its citizens healthy, informed and well. Here are a few of the activities that took place with some of these organisations.



• Carers Leeds was part of a programme of events to celebrate Leeds Learning Disability Week in June which ended with a picnic in the Park at Temple Newsam run by **Aspire** (Community Benefit Society). We also launched a new learning disability carers group at **Mencap** Leeds.

• Several carers took part in a new **Leeds City Council** project **Activage** which aims to make people over 65 more active through connecting them to technology.

• We welcomed staff from **Leeds Safeguarding Adults Board** who asked carers about their views on safeguarding. This work helped to produce city wide guidance and increase awareness.

• Our bereaved carers team joined forces with Leeds film making charity **Lippy People** to make films about bereavement, showing how life changes following the death of the person they cared for.

• We are passionate about improving carers mental wellbeing so were delighted to work with **Leeds Mind** to run a series of two hour workshops to help carers improve their mental health.

• Carers took part in a six-week drama workshop run by **Fall into Place**. At the end of the workshops, carers performed a short play and participants left feeling empowered and confident.



• Young Dementia Leeds was formed in partnership with **Community Links** to provide a day service for younger people with dementia. We provide support for carers at the centre.

**We look forward to more collaborations next year!**