



**Carers
Leeds**

Carers Advice Line
0113 380 4300

Support & information for carers



Are you a carer?

A carer is someone who, without payment, provides support to a friend or family member who due to illness, disability, dementia, mental health issues or an addiction cannot manage without their help.

We are here to help you.

 /CarersLeeds  @CarersLeeds

www.carersleeds.org.uk



For many carers, caring can be a rewarding and positive experience. However there are many times when carers need extra support, and that's when we can help.

What do we do?

Carers Leeds offers free support to carers across Leeds. We can help you with:

- How you are feeling
- Managing at home
- Taking a break
- Finances, grants & benefits
- Your rights at work
- Your health

How do we do it?

- One to one support
- Group support
- Someone to talk to
- Free newsletter
- Advice & information
- Training
- Signposting
- Social activities

How to contact us.

Advice line: 0113 380 4300 or advice@carersleeds.org.uk

Mon to Fri: 9am to 5pm

Please visit our website for more information:

www.carersleeds.org.uk

Carers Leeds is committed to delivering services to support the culturally diverse communities of Leeds and is LGBTQ+ friendly.

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**CARERS
TRUST**