

**Are you a carer and
would like to have a
regular chat?**

**Our Carers
Befriending service
matches you up
with a like-minded
befriender so you
can talk and feel
supported.**



Who is it for?

Our Carers Befriending service is a confidential telephone and face-to-face befriending service, matching trained volunteers with carers.

The service is for all unpaid carers aged 18 or over living in Leeds, who are looking after someone who lives at home, or who has moved into a care home within the previous 3 months.

How does it work?

Our friendly volunteers make regular phone calls and can meet up face-to-face to give carers the opportunity to:

- Chat about their caring role
- Talk about their health
- Improve their wellbeing
- Make social contacts in their local area
- Share their worries and concerns

Get in touch

Call: 0113 380 4300 / 07508 426 656
Email: gayle.pannett@carersleeds.org.uk
Visit: www.carersleeds.org.uk