

# Caring for a friend or relative living with dementia?

We offer support  
to carers of  
people living  
with memory  
problems or a  
diagnosis of  
dementia.



carers advice line  
**0113 380 4300**

**6-8 The Headrow, Leeds, LS1 6PT**  
**Admin Tel** 0113 246 8338  
**Email** [advice@carersleeds.org.uk](mailto:advice@carersleeds.org.uk)

**Website** [carersleeds.org.uk](http://carersleeds.org.uk)  
**Twitter** @CarersLeeds  
**Facebook** Carers Leeds

# What do we do?

Carers Leeds supports carers of people living with dementia. Our friendly and knowledgeable team provide support, information, advice and training.

# How do we do it?

We offer one to one support where we'll talk about your caring role, your own health, discuss any concerns, support you to access other helpful services and find coping strategies. We can meet with you at Carers Leeds, your home or at a location to suit you.

We also run support groups, dementia training and social activities to enable carers to have a break and meet other people who are caring.

# Get in touch

**Meet:** 6-8 The Headrow, Leeds, Ls1 6PT  
**Call:** 0113 380 4300  
**Email:** [advice@carersleeds.org.uk](mailto:advice@carersleeds.org.uk)  
**Visit:** [www.carersleeds.org.uk](http://www.carersleeds.org.uk)

A Network Partner of  
**CARERS  
TRUST**