



**Do you provide unpaid
care for a family member
or friend?**

Carers Leeds can help.



**Carers
Leeds**

6-8 The Headrow, Leeds, LS1 6PT

Admin Tel 0113 246 8338

Email advice@carersleeds.org.uk

**carers advice line
0113 380 4300**

Website

carersleeds.org.uk

Twitter/X

[@CarersLeeds](https://twitter.com/CarersLeeds)

Facebook

[Carers Leeds](https://www.facebook.com/CarersLeeds)

What do we do?

Carers Leeds offers free support and information to unpaid carers across Leeds.

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

We can help carers with:

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

How do we do it?

- One to one support
- Group support
- Someone to talk to
- News and events
- Advice & Information
- Training
- Signposting
- Social activities

Get in touch

Visit us

Mon to Thu: 9am - 5pm
Fri: 9am - 4.30pm

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