



# Do you look after 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](mailto:advice@carersleeds.org.uk)

**carers advice line**  
**0113 380 4300**

**Website**

[carersleeds.org.uk](http://carersleeds.org.uk)

**Twitter**

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

**Facebook**

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





# Are you an unpaid carer?

Do you provide unpaid care to someone who could not manage without your help?

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# 61,500 people in Leeds provide unpaid care, are you one of them?

## Carers Leeds can help.

Calculated using ONS 2021 Census data



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# We support you, so you can support them.

Caring for a family member or friend can be hard.

Carers Leeds can help. Visit [carersleeds.org.uk](https://carersleeds.org.uk) to find out more or call our Advice Line.



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